



INFORMATION FOR PARENTS-BULLYING

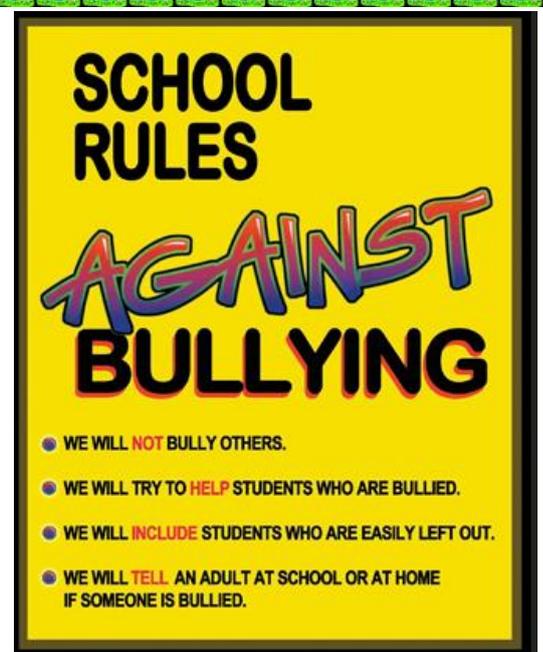
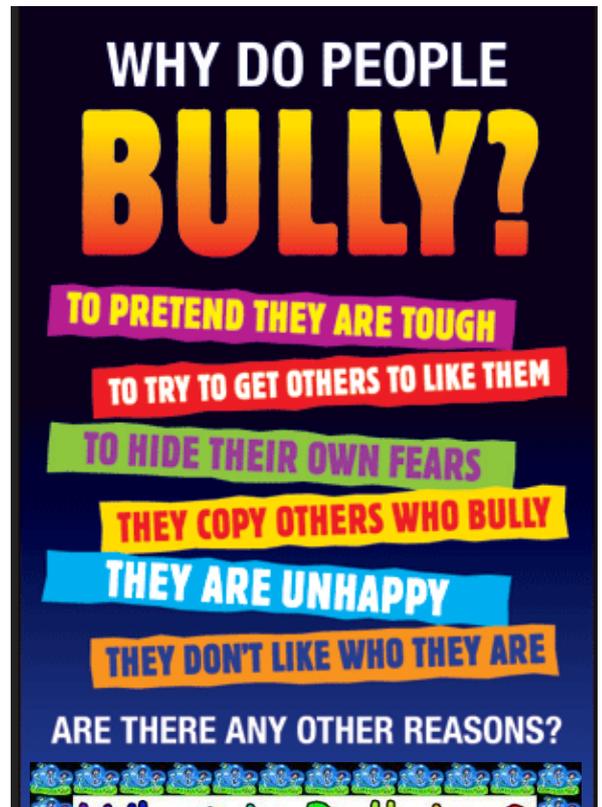
What is bullying?

Bullying is an abuse of power. It is a **repeated, deliberate** act of aggression which causes embarrassment, pain or discomfort to another. It takes many forms and may include physical attacks, verbal insults, extortion and theft, threatening and obscene gestures, spreading malicious rumours and deliberately excluding people from a group or activity.'

What bullying isn't?

Children will often claim that they are being bullied in school. They will state that someone is being mean to them or that someone has been hitting them or calling them names. The first thing to establish in such an occurrence is whether your child is being bullied or not. In most cases this is not the case. It is very likely to be a 'one off' incident. It may not be down to bullying but the issues affecting your child's happiness still need to be addressed.

Bullying is not where children fall out with one another. It is not when two children argue on the yard and then say horrible things to one another in the heat of the moment. It is not when two or more pupils argue and then resort to pushing one another again in the heat of the moment. Children will quarrel and they will say and do unpleasant things that they will later regret. Adults fall out and children are no different. Their personalities are still developing and they will often come across difficulties in maintaining friendships during this formative phase.

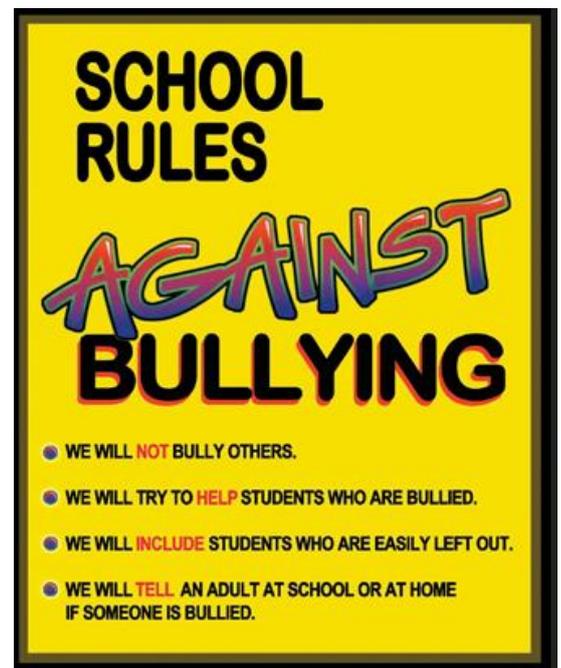


How does the school address bullying?

- class discussions
- small group discussions
- assemblies
- visits from outside agencies
- Circle Time
- by providing resources that deal with bullying issues e.g. fiction and non-fiction books
- by treating all allegations seriously in accordance with local authority guidelines
- by working in partnership with all parents and pupils to try to find solutions
- accessing external advice and guidance
- sanction those doing the bullying eg working with parents, exclusions

What should I do if my child is being bullied?

You should also speak to your child's teacher or
All allegations of bullying are taken seriously and dealt with immediately.





YSGOL PANT Y RHEDYN DOES NOT ACCEPT BULLYING

What is bullying and why do people bully?

These are some of the ways children have described bullying:

- repeatedly being teased or called names.
- being hit, pushed or kicked on purpose.
- having money or other things taken from them.
- being ignored or left out on purpose and for no reason.
- being picked on because of their religion or colour or where they come from.

If you are being bullied:

• You shouldn't feel ashamed about being bullied. It's not your fault – but it is important that you get help. No one deserves to be bullied. Your teachers will do their best to help you but you must let them know!

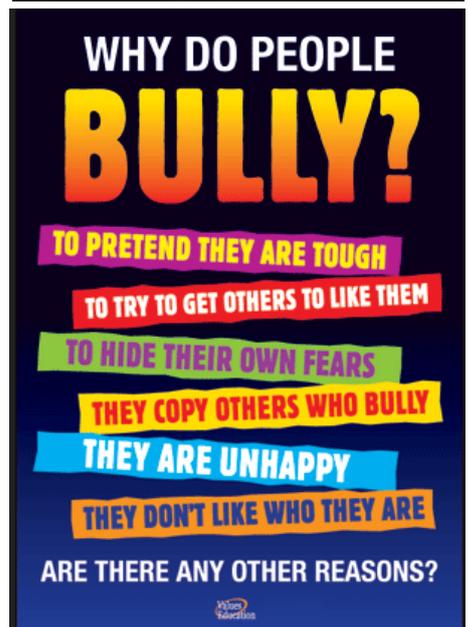
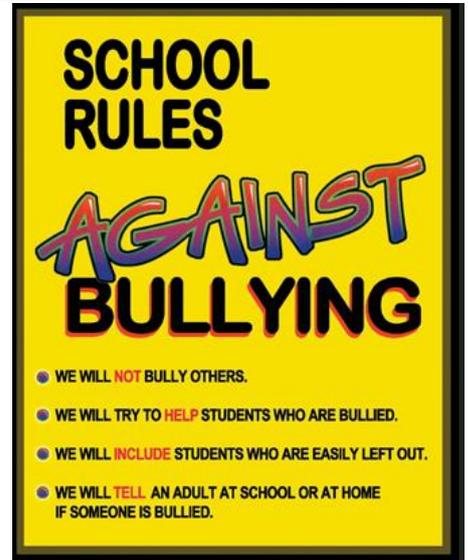
• Who can you talk to about what is going on? Do you have a friend or someone in your family you trust? Talk to them about what is happening and how it makes you feel. They might be able to help you to work out what you want to do next.

• Our school has a policy on what to do about bullying. If you tell a teacher what's happening, they can let you know how the school can help.

• Sometimes children tell someone that they are being bullied and it does no good – nothing changes. If this happens to you, don't give up! Is there someone else you can talk to?

• Write down what has been happening and when and where it has happened. If it helps, draw a picture or write a song or poem about what is happening and how it makes you feel.

It is important to feel safe. Can you protect yourself from the bullies?



Would it help to walk home with friends instead of on your own, or to ask someone to stay with you?

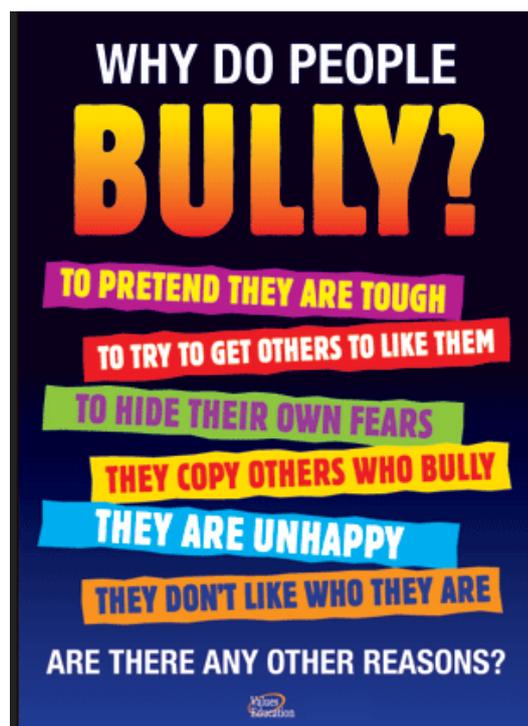
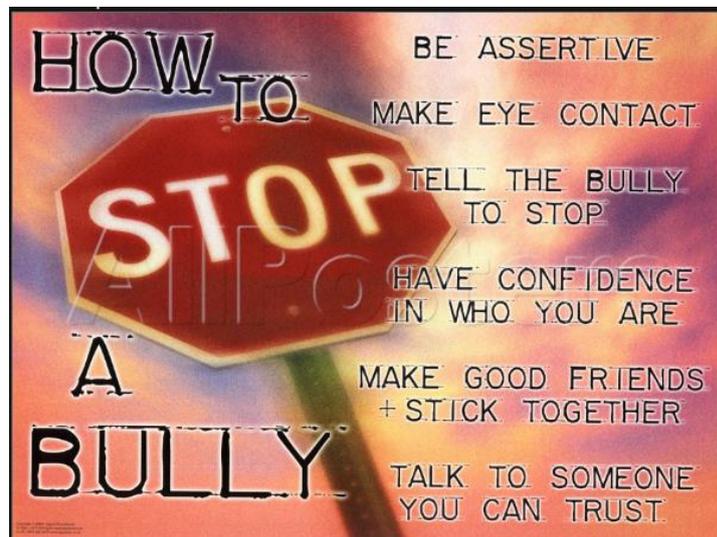
- Remember, you don't have to put up with being bullied.

What can you do if you see someone being bullied:

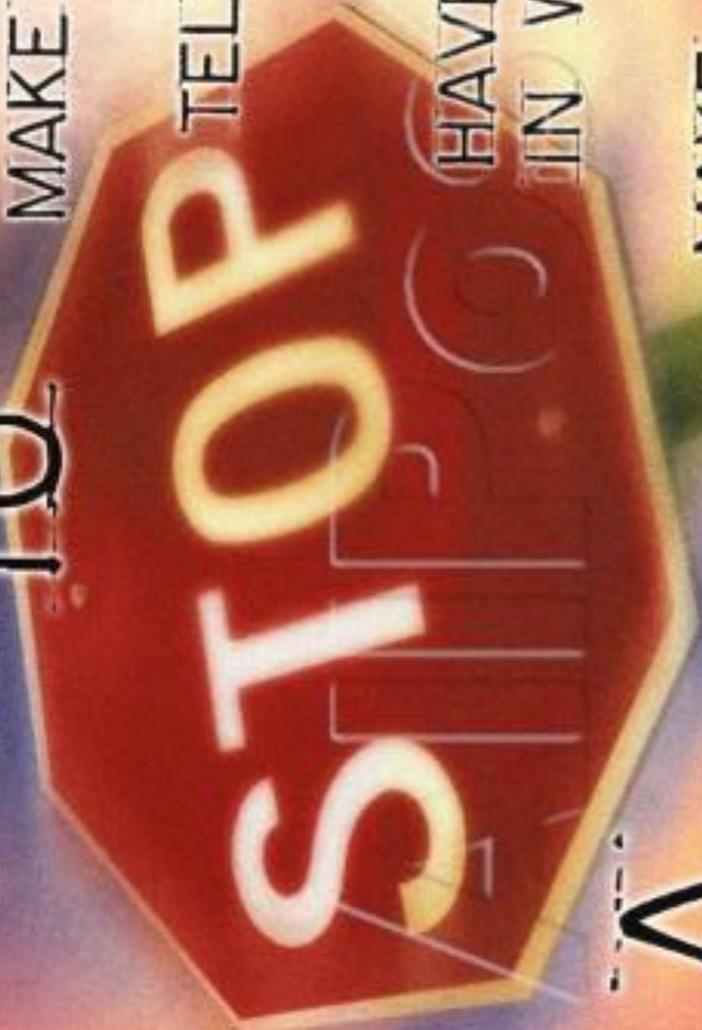
- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them talk about it with a teacher or another adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to?
- Even when there is a lot of bullying at school, sometimes teachers don't know about it. If they are going to be able to do anything about it, teachers need to be told what is going on.
- Could the School Council help?

If you are bullying someone:

- Even if you think bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.
- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing. Talk to someone about how you feel.
- If you keep on bullying you could get into a lot of trouble.



HOW TO



STOP

A BULLY

BE ASSERTIVE

MAKE EYE CONTACT

TELL THE BULLY
TO STOP

HAVE CONFIDENCE
IN WHO YOU ARE

MAKE GOOD FRIENDS
+ STICK TOGETHER

TALK TO SOMEONE
YOU CAN TRUST

SCHOOL RULES

AGAINST BULLYING

- WE WILL **NOT** BULLY OTHERS.
- WE WILL TRY TO **HELP** STUDENTS WHO ARE BULLIED.
- WE WILL **INCLUDE** STUDENTS WHO ARE EASILY LEFT OUT.
- WE WILL **TELL** AN ADULT AT SCHOOL OR AT HOME IF SOMEONE IS BULLIED.

WHY DO PEOPLE **BULLY?**

TO PRETEND THEY ARE TOUGH

TO TRY TO GET OTHERS TO LIKE THEM

TO HIDE THEIR OWN FEARS

THEY COPY OTHERS WHO BULLY

THEY ARE UNHAPPY

THEY DON'T LIKE WHO THEY ARE

ARE THERE ANY OTHER REASONS?