

How can I help?

- If you think your child is being bullied, don't panic—try to keep an open mind. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.
- Listen and reassure them that coming to you was the right thing to do. It may not be easy for a child to talk about being bullied so it is important to find out how they are feeling, what has happened, when and where.
- Assure them that the bullying is not their fault.
- Discuss the situation with us at school. Your child's class teacher is the first port of call and remember, our Learning Mentor, Mrs Hassell-Richardson is always here to help.
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Useful Websites for Parents

Our anti-bullying policy is available on our school website at:
www.stalbertsprimary.co.uk

You can get help and support from the Parentline helpline on 0808 800 2222 or visit
www.familylives.org.uk

www.kidscape.org.uk

www.antibullyingalliance.org.uk/advice/parents-and-carers

St Albert's Catholic Primary School

➤➤➤ Anti Bullying Week



17-21st November 2014

Anti-Bullying Week at St Albert's

This week, the children will be studying many issues as part of our anti-bullying week studies. This will provide an opportunity for us to talk openly about the effects of bullying on the lives of children and how we can take action to stop it.

What is bullying?

The Anti-Bullying Alliance defines bullying as the 'repetitive, intentional hurting of one person by another. Bullying can be physical, verbal, psychological and includes behaviour such as:

- Name calling
- Spreading hurtful stories
- Excluding someone from groups and breaking up friendships
- Making demeaning comments about appearance, culture, race
- Hitting, pushing or kicking

Cyber-Bullying

This typically involves sending hurtful text messages, spreading rumours through social networking sites and sending abusive comments through gaming sites. Like all forms of bullying, it is incredibly harmful and can be even more difficult to handle as the perpetrator is often anonymous.

Signs that may indicate a child is being cyber-bullied:

- Suddenly stopping using technology or particular sites/apps/games
- Being nervous or jumpy around technology, for example when receiving a message
- Spending excessive amounts of time on devices connected to the internet
- Hiding internet usage and deliberately keeping out of sight when connected online
- Displaying anxiety when kept away from devices connected to the internet.

What might be the signs that my child is being bullied?

You may see one or more signs, for example your child could:

- Show signs of stress—being moody, silent or crying, or bullying a younger sibling or friend
- Make excuses to miss school, such as stomach complaints or headaches
- Seem upset after using the internet or mobile behavior—be secretive and unwilling to talk about their online activities and phone use
- Have unexplained injuries
- Change their eating habits
- Have torn clothes, things that are broken or missing, or have 'lost' money
- Disturbed sleep
- Wetting the bed