



**St Paul's Catholic Primary School**

**Say NO to bullying**



**A handbook for parents**

Anti-bullying week: 13<sup>th</sup> -17<sup>th</sup> November 2017

At St Paul's Catholic Primary school, we aim to ensure that all pupils feel safe and valued. Children should have the confidence to speak out if they are being bullied, or see anyone else being bullied and know it will be dealt with. This booklet has been designed to explain to parents and carers how we would deal with any possible bullying incidents.

### **What is bullying?**

The 'Three Ps'

1. **Persistent** – It keeps happening
2. **Purposeful** – It is on purpose
3. **Power** – It makes the victim feel helpless



### **Bullying is not:**

- A one-off argument
- A friend sometimes being nasty
- An argument with a friend

### **What are the different types of bullying?**

- Physical
- Emotional (or indirect)
- Verbal
- Cyber

### **How might I know if my child is being bullied?**

If you think your child is being bullied, look out for:

- Behaviour changes such as becoming shy and nervous
- Lacking self esteem
- Withdrawal
- Not wanting to go to school
- Lots of stomach aches, headaches, feeling unwell

## **What does St Paul's do about bullying?**

Schools must by law have an anti-bullying policy. This tells you what the school will do if bullying is reported, and also what the school is doing to prevent bullying happening in the first place. Our Anti bullying policy can be found on the school website under 'Policies'.

### **At St Paul's Catholic Primary:**

We agree that bullying is always wrong.

We listen.

We educate children about bullying through PSHE lessons, E-Safety lessons and activities and assemblies that take place during anti-bullying week and throughout the year.

We make sure that all children and adults understand what the term 'bullying' means. Staff are all aware of our anti-bullying policy and children are given opportunities throughout the year to talk openly about bullying and the different types of bullying.

We help children to understand how bullying feels for the person being bullied. Staff model empathy for others and children respond to different scenarios in anti-bullying lessons.

We make sure children know exactly what to do if they think they are being bullied, and feel confident that something will be done to stop it. This is communicated to children throughout the year and anti-bullying displays across the school serve as reminders.

We help children to enjoy, celebrate and respect the ways we are different, as well as the ways in which we are similar, and to feel good about themselves.

We celebrate achievements in many different ways including: celebration / awards assembly, performances, certificates, house points and the rainbow behaviour system.

We follow rigorous procedures as stated on the Anti-bullying policy when dealing with any bullying incidents.

## Keep safe from cyber-bulling.



These golden rules should be shared with children:

1. Always ask before you send a picture or information that could be shared with other people. Remember that you don't know what will happen to any pictures or information you let other people have.
2. Think before you send a message about yourself or any other people involved. It doesn't take long for it to be shared with every single person you know.
3. Never give out personal information when it can be shared with others. You may trust your new friends, but you don't know his or her friends...
4. Treat your password like your toothbrush....don't let anyone else use it!
5. If you receive nasty messages, texts, emails etc block the person sending them and always tell an adult.
6. Don't reply to a bullying message but do keep it – whether it is a picture, message or online communication.

For more information see [www.kidscape.org.uk/cyberbullying](http://www.kidscape.org.uk/cyberbullying)

## Fascinating fact... Why don't schools just get rid of bullies?

Parents are often surprised when schools do not automatically exclude children who are bullying others. As parents, your first concern will always be for our own child's safety and happiness. It is natural to ask why the school seems to want to work with their tormentors instead of getting rid of them.



Schools believe that it is important to deal with the problem and support that child to stop them from ever bullying again. Schools will help the child to understand their target's feelings and the effect of their behaviour on them (developing their empathy), teach them to stand up to peer pressure from others, give them the support to manage the problems they may be facing in their own lives and all of these things can change bullying behaviour for good. Of course, if the schools efforts do not change the situation and the bullying continues, exclusion may be the last resort.