

## Advice for Parents and Teachers

A child may indicate through signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Doesn't want to go on the school bus
- Begs to be driven to school
- Changes their usual routine
- Becomes withdrawn, anxious or lacking in confidence
- Starts to stammer
- Is afraid to socialise
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Begins to do poorly in school work
- Has unexplained cuts or bruises
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above.

If you suspect your child is being bullied, **immediately** contact a member of staff that you **trust**. People react differently. It is not always possible to tell if someone is affected, hurt or upset - **BUT ...**

**...Bullying is always wrong**

### Help Organisations:

Advisory Centre for Education (ACE)  
0808 800 5793

Childrens' Legal Centre  
0845 345 4345

KIDSCAPE Parents Helpline  
(Mon-Fri, 10-4)  
0845 1 205 204

Parentline Plus  
0808 800 2222

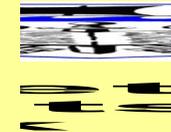
Youth Access  
020 8772 9900

Bullying Online  
[www.bullying.co.uk](http://www.bullying.co.uk)

Childline  
0800 1111

Visit the Kidscape website  
[www.kidscape.org.uk](http://www.kidscape.org.uk)  
for further  
support, links and advice.

Henley  
Partnership



# Anti-Bullying Policy

**Everyone in the school  
community has a  
responsibility to prevent  
bullying**

We do not tolerate bullying at school but recognise that it can happen in any situation. Staff, pupils and parents work together to stamp it out to make an **anti-bullying school**.

## What is Bullying?...

### Here is how it works:

Bullying is deliberately acting in a way which harms a person physically, socially or emotionally.

Bullying results in pain and unhappiness, it can be one person or a group.

### Spoken

- Name calling
- Insults
- Teasing
- Threats (blackmail)
- Racist, sexist or homophobic, transphobic or biphobic comments

### Written

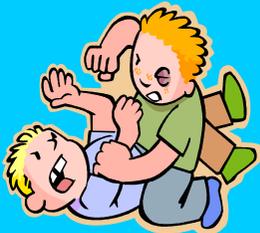
- Scribbles on peoples work
- Unkind notes
- Graffiti
- Abusive text messages or emails

### Emotional

- Leaving people out (isolation)
- Spreading gossip

### Physical

- Pushing
- Hitting or kicking
- Slapping or punching
- Taking possessions
- Hiding or breaking things



## Cyber

- Spreading rumours using Internet sites
- Threatening messages through Facebook or texts etc.

Everybody has the right to work in a pleasant environment where we feel confident and secure.

Pupils who are found to have been involved in bullying will be dealt with in accordance with the school "Behaviour for Learning Policy"

### Pupils

#### If you think you are a target of bullying -

- Tell an adult you trust e.g. a teacher, parents, peer mentors or anti-bullying ambassadors

#### If a friend or somebody you know is being bullied -

- Becoming a bully yourself will not resolve the problem
- Do not keep quiet about it; - if you do, you are saying that bullying is all right

#### What will happen?

- We will take you seriously
- We will protect you. We will support you and involve you in the process of stopping the bully
- We will help you feel safe again
- We will monitor closely what happens afterwards
- We will always take action on bullying



## Why do people bully?

- Bullies may be **jealous** of you
- They may feel bad inside and want you to **feel bad** as well
- They may be **scared** nobody likes them
- They may bully people so no one will bully **them**
- Bullies are unhappy people
- They may be bullied **at home** and think it is **OK** to bully you
- They may **think** they are being clever or funny
- They don't like you

## What will happen to the bully?

- We will talk to the person who is the bully
- We will involve the parents and teachers
- We will follow the Behaviour for Learning guidelines

We will help the bully understand the situation

**Remember - if you tell somebody, something will be done.**

**If you tell nobody, nothing can be done**

