

At the meeting:

- ✓ Take written details of the incident
- ✓ Ask for notes to be taken so that there is a record of what is discussed and agreed
- ✓ Ask for a named contact at school for both your child and yourself
- ✓ Agree a plan of action with a time for a follow up meeting
- ✓ Decide if it is best for your child to attend
- ✓ If it is a serious incident it may be referred to another agency such as the police

After the meeting:

- ✓ Give the head teacher time to deal with the situation
- ✓ Keep in touch with the school (especially if the incidents continue)
- ✓ Keep your child fully informed of what is happening

What if the bullying continues?

In most cases the bullying will eventually stop with the schools help. However, if the bullying continues and you are not happy with the way the school has dealt with it, then you should make a formal written complaint to the Chair of Governors and follow the schools complaint procedure.

You can contact Parentline Plus for support and advice (see contacts list)

Contacts for further help and advice

Anti-Bullying Alliance

www.anti-bullyingalliance.org

This website provides information, support and advice from an alliance of the leading anti-bullying organisations and voluntary groups in England.

Beyond Bullying

www.beyondbullying.com

The website of Leicestershire County Council, Educational Psychology Service, Anti-Bullying Strategy Team

Childline

www.childline.org.uk

Free 24hour telephone lines for children and young people: Telephone 0800 1111

The Children's Legal Centre

www.childrenslegalcentre.com

Tel: 01206 872466 (Administration/publications)
Tel: 01206 874807 (Education Law and Advocacy Unit)
Education Law Advice Line: 0845 456 6811

Leicester City Council Website

www.leicester.gov.uk

Parentline Plus

www.parentlineplus.org.uk

www.besomeonetotell.org.uk

Tel: 0808 800 2222

Kidscape advice line

08451 205 204 (10am-4pm weekdays)

Abs Kids

www.abs-kids.co.uk

A website run by a young person in Leicestershire offering support & advice direct to young people.



Bullying advice for parents & carers

supporting your child to be safe and happy



What is Bullying?

“Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally”

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of difference or a ‘perceived’ difference. This can be for lots of reasons such as age, disability, gender, race, religion/ belief and sexual orientation.

Bullying can be:

- Physical Bullying**
kicking, hitting, taking things, sexual assault
- Verbal Bullying**
name calling, shouts of abuse, using threatening language
- Indirect Bullying**
spreading rumours, being excluded from groups, intimidation, writing on walls
- Cyber-Bullying**
nasty text messages, emails, phone calls and through wider use of technology

Bullying is not when two people have a disagreement or fall out over something, it is usually

Several
Times
On
Purpose



Start
Telling
Other
People

What are the signs of bullying?

Look for changes in your child:

- Avoiding school
- Appearing frightened of the journey to and from school
- Deterioration in their work
- Anxious, moody, withdrawn, quiet
- Seeming unhappy but refuse to say why
- Complaining of headaches, stomach ache or other illnesses
- Having nightmares or sleeping difficulties
- Arriving home hungry
- Asking for extra money

Have you noticed them coming home with:

- Torn clothes
- Missing or damaged possessions
- Unexplained cuts/bruises

How can you help?

- Give reassurance to your child (this is not their fault)
- Talk calmly about what is happening (even though you may feel upset yourself)
- Listen and take what is said seriously
- Makes notes of what has happened (who, what, when, where)
- Keep your child involved - it is important that they know what is happening and have a say.
- Encourage them to report incidents to a teacher
- Talk to the school

If you want to have a confidential conversation with an independent body before taking any action you can ring Parentline Plus or Kidscape (see contacts list).

In Leicester City - use the online reporting system ‘Text Someone’, available now in some schools and to be rolled out to all City schools in the future.



Talking to school/college

Schools must have an anti-bullying policy that addresses all forms of bullying. It will make clear the measures that can be taken to respond effectively to bullying incidents whether inside or outside school.

Schools have the power to impose a range of sanctions against pupils who are involved in bullying incidents outside school. The policy must include measures to be taken with a view to “*encouraging good behaviour and respect for others on the part of pupils and, in particular, in preventing all forms of bullying among pupils*”

Schools have a duty to work with other agencies to safeguard and promote the well being of pupils

- Tell the school about the incident
- Arrange a meeting with school staff
- Explain why you want the appointment so that they can investigate before the meeting
- Give as much detail of the incident as you can – time, location, what happened, names of those involved including ‘witnesses’.

It is important to record as much detail as possible straight after the incident as it is easy to get confused, upset or forget the sequence of events. Young children in particular will find it difficult to remember the detail of an incident after quite a short time.