

## What should I do if I think my child is being bullied?

Concerns can be reported to any adult in school.

We recommend the following procedure:

### CLASS TEACHER

In the first instance concerns should be reported to the class teacher.



### HEAD OF YEAR/ PASTORAL MANAGER

If concerns persist, then the Head of Year or Pastoral Manager may be asked to become involved.



### SENIOR LEADERSHIP TEAM/ HEADTEACHER

If concerns have still not been resolved after an agreed period of time, this may then be escalated to the SLT or Headteacher.

The Headteacher or SLT may become involved at any point in the process if deemed appropriate.

The Anti-Bullying Alliance (ABA) have lots of helpful resources:

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

Issues linked to behaviour and/ or anti bullying can often be very upsetting for all parties involved. We strongly encourage families to come and talk to a member of staff who will be able to support you. Approaching other families and children out of school/ in the playground can often be unhelpful in resolving the issues and can cause more upset. We will listen to, work with and support families of all children in reviewing and resolving issues.



# West Park CE Primary School



Be kind



Be safe



Be your best



## Guidance for Parents/ Carers

## WHAT IS BULLYING?

West Park CE Primary School has adopted a shared definition of bullying from the Anti-Bullying Alliance, based on 30 years of research.

*Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.*

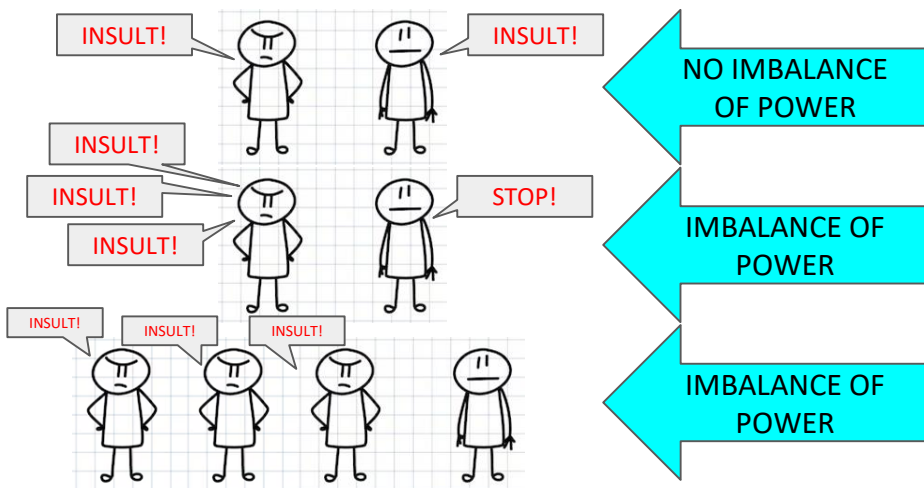
### BULLYING VS FRIENDSHIP 'FALL OUTS'

Occasionally, the word 'bullying' can be used incorrectly. Bullying can differ from other incidents and friendship 'fall-outs' and it is important that the word is used correctly.

Bullying is when:

There is a **deliberate** intention to hurt or humiliate.

There is a **power imbalance** that makes it hard for the victim to defend themselves. It is usually **persistent/repetitive**.



## TYPES OF BULLYING

Bullying can be:

- **Physical:** pushing, poking, kicking, hitting, biting, pinching etc.
- **Verbal:** name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- **Emotional:** isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- **Sexual:** unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- **Online/Cyber:** posting on social media, sharing photos, sending nasty text messages, social exclusion
- **Indirect:** can include the exploitation of individuals.

## PREJUDICE RELATED LANGUAGE

It is the school's policy to challenge any language used by staff, parents or pupils that may be perceived as 'prejudice related language'. This includes the following areas:

- **Homophobic Language** (terms of abuse used towards lesbian, gay and bisexual people or those thought to be LGBT)
- **Racist Language** (terms of abuse used towards others because of their race/ ethnicity/ nationality)
- **Transphobic Language** (terms of abuse used towards those who are perceived as transgender or do not fit with the gender 'norms')
- **Disablist Language** (terms of abuse used towards those with a learning or physical disability)