

What if my child has been bullying?

- It's natural to be angry and or upset if you find your child is using bullying behaviour, but it's important to respond to your child calmly and supportively.

Ask your child to tell you about it - remind them that even if someone has upset them, bullying or prejudice is never okay

- Praise your child when they are kind and responsible
 - Be critical of the behaviour, not your child
 - Explain the harm bullying can do
 - Support them to think of ways to make amends
 - Work with the school if this is an ongoing issue.
- Consider sanctions at home if the behaviour continues
- Make sure your child isn't witnessing aggressive behaviour at home.

What if my child has witnessed bullying?

If your child witnesses bullying, encourage them to talk to you about it, how they feel and what they could do next. As well as helping the person being bullied, it can prevent your child feeling guilty or anxious if it happens to them.

Here are some ways your child can respond to bullying:

- Tell the bully to stop
- Tell an adult
- Avoid joining in or laughing
- Walk away - if bullies don't have an audience, they may stop
- Request other bystanders to stand up too

How can I support my child in relation to cyber-bullying?

Many parents and carers are particularly concerned about cyber-bullying because of its public and far-reaching nature. It can also be a criminal offence. Remember that the problem is the bullying behaviour, not the internet, and so respond to the bullying as described in this leaflet.

However, you may wish to ensure you have supported your child to be safe online in these ways:

- Never post anything they would not say to someone's face or would not be happy for you to see
- Never reply to abusive messages (but log them and report them)
- Never give out their personal details
- Never reply to someone they do not know
- Block bullies
- Tell someone, including the school if they are being bullied online.

For more information about online safety, visit the Child Exploitation and Online Protection Centre's

www.thinkuknow.co.uk website.

Corpus Christi Catholic Primary School



Our Approach to Anti-Bullying: A Guide for Parents

Joyfully, unique in Jesus's family,
we learn to use our special gifts
to love, serve and make the world
a better place.

Courtesy

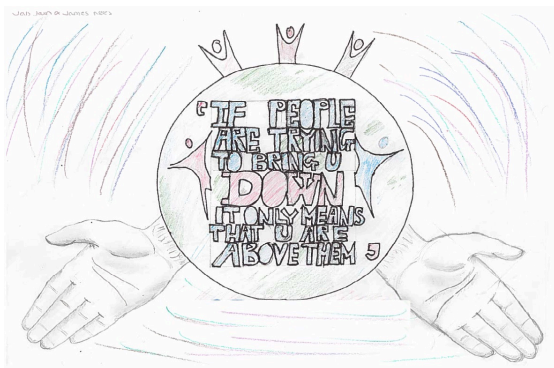
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At Corpus Christi, we promote an atmosphere of love and respect for one another - the heart of our Catholic faith. We aim for all our children to be happy, safe and confident in their dealings with their peers and adults and seek to promote positive mental health and wellbeing.

We work hard to prevent and respond to bullying. However, bullying can occur and children often need the support of adults to help resolve it.

This leaflet aims to support you as parents and carers to work with us to resolve bullying issues if they arise.



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WHAT IS BULLYING?

Corpus Christi Catholic Primary School defines bullying as...

'The threat of, or intentional hurting of one person whether as a one-off event or repeatedly, by one person or a group, where the relationship involves an actual or a perceived imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyberspace.'

Bullying can take many forms, and includes cyberbullying via social media or the internet. Bullying can involve verbal taunts, threats, physical injury, and damage to property, rumour spreading, shunning or ridicule. It might be motivated by actual differences, perceived differences or as a result of association with someone else, or for no reason at all. Parents and carers should inform the school if any form of bullying or prejudice is experienced by their child in school.

How do I know if my child is being bullied?

- Any unexplained change in mood or behaviour could be as a result of bullying or other issues at school. If this happens, try to find out what is wrong. You may want to contact the school to see if they are aware of any problems.

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How do I talk to my child about bullying?

- Ask your child about their day at school
- Take care not to let any anxiety you feel add to your child's problems by making them more anxious.
- Remind your child that bullying is something that can happen to anyone. It is really important to tell someone if anyone is being bullied
- For younger children or children with disabilities, you can use toys, puppets, happy/sad faces etc. to encourage discussion

How do I talk to my child about their experience of being bullied?

- It's natural to be angry and upset if you find your child is being bullied, but it's important to respond to your child calmly
- Praise them for telling you
- Tell them that what is happening is not okay and ask them what they would like to happen next
- Recognise that there will be times when you will need to go against your child's wishes and contact the school
- Remind your child that although this is a very difficult time, it will get better and they will get the support they need

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When you are talking to an adult about bullying be clear about:

- what has happened to you
- how often it has happened
- who was involved
- who saw what was happening
- where it happened
- what you have done about it already

If you see someone being bullied:

Be a friend to someone who is being bullied.

Offer to talk to the person being bullied about how they are feeling and encourage them to ask for help from a teacher or another adult.

If they won't talk to anyone, you could offer to ask for help or advice for them.

Raise the issue of bullying with the School Council.



If you find it difficult to talk to anyone at school or at home, ring ChildLine on freephone 0800 1111. This is a confidential helpline.

Corpus Christi Catholic Primary School



Our Approach to Anti-Bullying: A Guide for Pupils

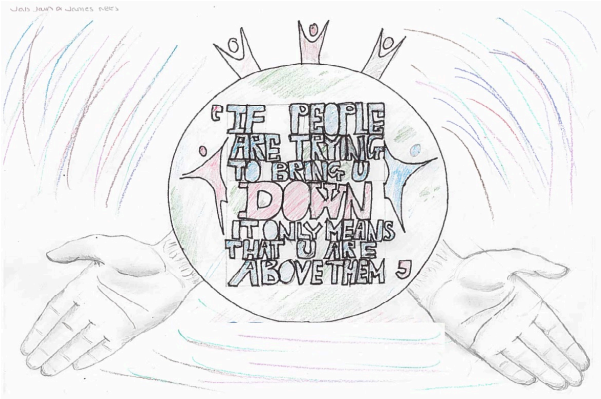
Joyfully, unique in Jesus's family,
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**Corpus Christi Primary
School does not tolerate any
bullying behaviour.**



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Is it bullying?

It is if you feel hurt because individuals or groups are:

- calling you names
- threatening you
- pressuring you to give someone money or possessions
- hitting, pushing or kicking you
- damaging your possessions
- spreading rumours about you or your family
- using text, email or web space to write or say hurtful things (cyberbullying).

It is bullying if you feel hurt because of things said about your ethnic background, religious faith, your appearance or issues in your family.

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This is what we do about bullying:

- make sure that the person being bullied is safe
- work to stop the bullying happening again
- provide support to the person being bullied

What should you do?

- Talk to someone you trust and get them to help you take the right steps to stop the bullying. Don't blame yourself for what has happened. It's not your fault. No one deserves to be bullied.
- If you are scared to tell a teacher or an adult on your own, ask a friend to go with you
- Write down what has been happening or draw a picture about it, if it helps

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