



## Anti-Bullying

### Summary

Every school must have an anti-bullying policy that sets out how it supports incidents of bullying, and this should be made available to parents/carers. You should be able to find this on the school's website. If your child is being bullied, or is bullying, you should talk to staff at your child's school.

### The DfE describe bullying as:

"Behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation

It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (e.g. email, social networks and instant messenger)

Your school should have its own definition of bullying."

Bullying is often hidden but the emotional distress caused by any form of bullying can affect school work and may also lead to your child behaving differently. Symptoms of distress can be: a change in behaviour, being tearful and oversensitive, withdrawn or having unexplained tummy ache, or feeling ill at the thought of going to school. Children often think that it is their fault that they are bullied. It makes them feel weak and vulnerable and they believe no one can help.

### How you can help if your child is being bullied?

Parents/carers play an important role in supporting schools with issues of bullying. Among the things you can do are:

- if you notice something is wrong ask your child what it is
- don't ignore it, contact the school immediately if you are worried, to discuss your concerns and the support that your school is able to offer
- watch out for signs that your child is being bullied, or bullying others



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