



Anti-Bullying Alliance



Guide For Parents

If your child is being bullied or you think they might be, please follow the following steps:

Talk to your child and get all the information you can. Write it all down.

Ring school and make an appointment with your child's pastoral manager:
The telephone number is 01942 776142

Share all information

Discuss a plan of action that everyone is happy with.

Allow the school to investigate

Points of contact

Executive Principal	Mrs C Taylor
Head Of School	Mrs S Allen
KS3 Pastoral Manager (Years 7-9)	Mrs A Brown
KS4 Pastoral Manager (Years 10-11)	Mrs J Penny
KS5 Pastoral Manager (Year 12-14)	Mrs K Jolley

All named managers above are also school Safeguarding officers.

When talking to your child:

- 1) **BE CALM** – Some of the content maybe distressing. It is important **NOT TO PANIC**. Explain to your child that the bullying is not their fault and together we can sort this out.
- 2) **BULLYING IS NEVER ACCEPTABLE**; all reports of bullying should be taken seriously. It is never your child's fault if they have been bullied. Reassure them.
- 3) Try and establish the facts. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text. Ask the following questions:
 - What happened?
 - When did it happen?
 - Who was involved?
 - Where did it happen?
 - Did anyone witness it?
 - Is there anything that your child could have done to provoke the incident?
 - Was it a one off incident or part of a series of events?
- 4) Find out what your child wants to happen.
- 5) Never be tempted to tell your child to retaliate. This could have unpredictable results.
- 6) Encourage your child to get involved in activities that build their confidence and esteem.

Additional Information

If you require further information please visit the following websites:

www.anti-bullyingalliance.org.uk/parenttool

www.anti-bullyingalliance.org/advice/parents-carers/

www.dfe.gov.uk/bullying

www.bullying.co.uk

www.kidscape.co.uk

www.nspcc.org.uk/bullying

www.childline.org.uk

www.antibullying.net