

Guide for parents/carers

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

1. Talk to your child and get all the information you can.

2. Write all the information down.

3. Ring school and make an appointment with your child's pastoral manager:

4. The telephone number is 01942 776142

5. Share all the information.

6. Discuss a plan of action that everyone is happy with.

7. Allow the school to investigate.



Follow these steps

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.

Points of contact

Executive Principal	Mrs S Allen
Associate Head of School	Mr L Hunt
Deputy headteacher	Mr D Walker
Assistant headteacher	Miss R Roberts
Assistant headteacher	Mr T Ennion
Year 7 Pastoral manager	Ms A Brown
Year 8 Pastoral manager	Mrs C Green
Year 9 Pastoral manager	Miss N Schofield
Year 10 Pastoral manager	Mrs L Peachy
Year 11 Pastoral manager	Mrs J Penny
College Pastoral manager	Miss L Price

Top tips

- Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to keep a diary of events to share with the school or college.
- Assure them that the bullying is not their fault and that they have family that will support them. Reassure them that you will not take any action without discussing it with them first.
- Don't encourage retaliation to bullying - such as violent actions. It's important for children to avoid hitting or punching an abusive peer. Reacting that way has negative and unpredictable results- they may be hurt even further, and find that they are labelled as the problem. Rather suggest that they walk away and seek help.
- Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.
- Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).
- Discuss the situation with your child's teacher or Head teacher - or the lead adult wherever the bullying is taking place. Every child has a right to a safe environment in which to learn and play. Schools must have a behaviour policy which sets out the measures that will be taken to prevent all forms of bullying between pupils.

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