



Anti-Bullying Information for Parents and Children

What is Bullying?

Bullying is **hurtful behaviour** that happens **on purpose**, **more than once**, and is **hard to stop**. It can happen **in person**, **online**, or in **groups**, and it often makes the person being bullied feel **upset, scared or left out**.

Bullying can be:

- **Physical** – hitting, kicking, pushing
- **Verbal** – name-calling, teasing, threats
- **Emotional** – leaving people out on purpose, spreading rumours
- **Online (Cyberbullying)** – unkind messages or posts on social media, group chats or games

One-off fallouts or accidental upsets are not bullying – but they should still be taken seriously and responded to with care.

What Children Can Do

If you're being bullied or see someone being bullied:

1. Tell Someone You Trust

- Speak to a teacher, parent, or another adult you feel safe with.
- Don't keep it a secret – you're not alone.

2. Be Kind and Brave

- Stand up for others by speaking kindly or getting help.
- Show kindness – even small actions make a big difference.

3. Stay Safe

- Walk away from unsafe situations.
- Avoid places where bullying happens, and stick with friends you trust.

What Parents Can Do

If you think your child is being bullied – or is involved in bullying – here are some helpful steps:

1. Listen calmly and Reassure

- Let your child speak without interrupting.

- Tell them it's not their fault and you're glad they told you.

2. Work with the School

- Contact the class teacher or a member of staff to talk about your concerns.
- Be ready to listen and work together on a plan that helps your child feel safe and supported.

3. Encourage Positive Friendships

- Help your child build confidence through friendships and activities.
- Talk regularly about kindness, respect, and feelings.

How We Use Restorative Practice

At school, we aim to **understand the harm that has been caused** and **restore relationships** through respectful, guided conversations.

Restorative practice means:

- Everyone has a chance to **speak and be listened to**.
- We focus on **repairing harm**, not just punishment.
- Children learn how their actions affect others and how to make things right.

This helps all children feel valued, respected, and safe.

Our Shared Goal

Bullying is never okay.

Together – children, parents, and school – we can:

- Spot bullying early
- Speak up with confidence
- Support each other with kindness
- Solve problems in a fair and respectful way

Let's work together to make sure our school is a place where **everyone belongs** and **everyone feels safe**.

