

Practical steps to take if your child is being bullied at school continued...

Does the school seem to be tackling the claim of bullying effectively?

YES Keep in contact with the school. What strategies do they seem to be trying in order to bring a successful conclusion for everyone involved? Don't automatically expect them to exclude the person(s) involved, schools often employ a variety of methods to try to prevent and tackle bullying. Some of these strategies may have an immediate effect and some may take longer.



NO Identify the most appropriate person in the school to talk to. This is either Mrs Smith (Assistant Headteacher) or Mr Tait (Headteacher). Ask for a meeting with them to discuss the allegations. A face to face meeting is best. It's a good idea to ask for a copy of the school's anti-bullying policy before the meeting so you can familiarise yourself with it. When you meet with the school, ask them to commit to a strategy for dealing with the allegations. Although they can discuss these allegations quite openly, they can't talk in any detail about the person(s) carrying out the bullying behaviour as they have to respect their confidentiality as well as that of the child being bullied.

The school should not suggest that it is your child's fault or that your child should change their behaviour. Try to keep any relationship with the school on a positive basis – this will be more beneficial to all parties in the long run.

YES Try to meet with the school again. It may be time to demand that action is taken. If you aren't making any progress with the school or if you don't feel the allegations are being taken seriously, you can contact someone at the Local Authority with your concerns.

NO If you are satisfied that the bullying has stopped then keep a watchful eye on your child – even if the behaviour has stopped, the impact it has can be long lasting.

The bullying has been going on for some time now and doesn't seem to end...

Further Advice...

<https://parentinfo.org/article/bullying-a-parents-guide>



**Bishop Aldhelm's C.E.
Primary School**

Loved by God; United in Learning

Headteacher: Scott Tait

Deputy Headteacher: Lizzie Sharpe

*Love, Unity,
Courage
and Inspiration*

Bullying: A Parents' Guide

STOP BULLYING

What do we want?
No Bullying

When do we want it?
now

so let's do this

Created by our Anti-Bullying Ambassadors
October 2018

How do I know if it is bullying?

When we talk about bullying we are talking about something that is both behaviour and impact. Behaviour that can make people feel hurt, frightened, scared, left out or worried – and the impact of this behaviour leaves them feeling less in control of themselves.

We know that bullying takes something away from people; that is one of the things that makes it different from other behaviours. It takes away people's ability to feel in control of themselves and to take effective action. We call this our agency. Bullying strips away a person's capacity for agency.

It's important to remember this when we respond to bullying behaviour.

If we can accept that it takes something away from someone, our focus has to be on helping them to get it back; helping them get back that feeling of being in control and being themselves again. That's why we have to involve young people in what they want to happen, what they would like to happen, and what they are worried about happening. And sometimes we need to take a lead from them as to what pace we go at. If we can do that, we can help restore that feeling of being in control.

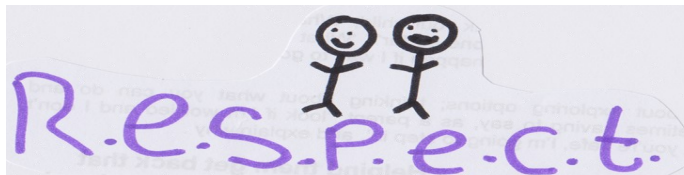
What advice should I give?



There is never one, single, answer when it comes to bullying, it's about knowing how to think about it and how to approach it. Ask yourself: What's the behaviour? What's the impact? What do I need to do about it?

Sometimes you have to ask your child, 'What do you want to happen?' 'Tell me what you have done so far?' 'What would you like me to do?' 'What do you think would happen if I was to go up to the school and talk to them about it?'

It's about exploring options; thinking about what you can do and sometimes having to say, as a parent, 'look if I'm worried and I don't think you're safe, I'm going to step in', and explain why.



We should always take a moment, pause and think, 'how do I give my child back a sense of being in control?', because it's that sense of being in control that has been taken from them, and that has to focus your response.

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Have you spoken to your child about what is going on?



YES Talk to them again and try to find out what they would like you to do. It is important that they feel involved in plans to resolve the bullying. If you haven't already done so then perhaps take notes about the incidents - names, dates, locations, or text/email messages if relevant.

NO Sit down with them and try to establish what is actually going on. Just talking things through and making you aware of what's going on can be enough for some children and young people. If they want you to do something, listen and involve them in what the steps you decide to take.

YES When did they tell? Has anything happened since they told? The first action is to allow schools time to sort out bullying incidents. Sometimes this may take longer than you would like it to, so you are within your rights to call the school and ask them what they are doing. Remember that it is always better to work with the school in these instances, and ask them to keep you up to date with any progress.

Have they told any adults at school that they are being bullied?

NO You need to ensure that the school is fully aware of all bullying-related incidents. Try to find out why your child hasn't felt able to tell anyone and decide between you who should inform the school. You may decide to speak to the school on their behalf, go with them or encourage them to speak to someone themselves. Even if you speak for them, they will have to be prepared to speak to a teacher or worker themselves, so make sure they know this.

