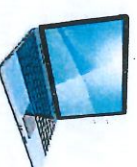


How is bullying dealt with at St David's?

- Children are taught how to recognise and deal with bullying in Form time, PSHE lessons, assemblies and during Anti-Bullying Week in November. Activities include circle time, role play, presentations, stories and discussions.
- Children are taught what to do if they are a victim of, or witness to, bullying.
- When allegations of bullying are made, the Form Teacher, Pastoral Leader or a senior member of staff speaks to both the alleged bully, the victim and any witnesses to establish what is happening.
- The Form Teacher and/or Pastoral Leader work with the children either individually or together to resolve the problems and prevent further occurrences. Where necessary, sanctions are imposed to impress upon the bully the seriousness of their actions.
- A member of staff meets separately with the parents of the bully and victim to share information and discuss how to best support their child.
- All staff are informed so they can be vigilant and the situation is monitored by key members of staff.
- The victim is informed of the actions that have been taken so they know the bullying is being addressed.

Cyber-bullying



Text-bullying

Bullying can also occur through your child's mobile phone, via the internet and through online gaming.

It is crucial to monitor your child's use of chatrooms or instant messaging systems, as well as the age limits on certain sites.

If your child does receive nasty or threatening messages from another child at St David's, please inform the school immediately.

We will take this as seriously as we would an incident that occurs within school.

Further information and advice

Our Anti-bullying Policy is on our school website and accessible for all to read.

Below is a list of helplines and websites which can offer valuable support to parents and children.

Childline 0800 1111

Kidscape 020 7730 3300

Parentlineplus 0808 800 2222

www.childline.org.uk

www.kidscape.org.uk

www.bullying.co.uk

www.antibullyingalliance.org.uk


ST DAVID'S
PREPARATORY SCHOOL

St David's School Anti-Bullying Guide for Parents and Carers

At St David's School we are proud to provide a safe, stimulating and inclusive learning environment where every member of our community is valued and respected. We listen to each other and every voice is heard.

Our broad, balanced, creative curriculum and enrichment activities provide opportunities for all to achieve and succeed.

At St David's we celebrate our achievements, differences and cultural diversity. Together we take pride in making a positive contribution to our school and the wider community.



What is bullying?

Bullying is **not** a one-off incident of name-calling, arguing or fighting.

The Anti-Bullying Alliance defines bullying as *'the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.'*

Bullying is **conscious, deliberate and calculated** and is usually **repeated over a period of time**. It involves an imbalance of power and can lead to feelings of fear, worthlessness and depression and can have lasting effects.

To tackle bullying, parents and staff at St David's need to work in close partnership.

Different types of bullying

Bullying may take a variety of forms including:

Physical Bullying

Hitting, kicking, pushing and stealing

Verbal Bullying

Name calling, swearing, racist or homophobic remarks, threats and making fun

Emotional/Psychological Bullying

Leaving someone out and spreading rumours



Why do children bully?

Children bully for many reasons including:

- they may be unhappy or going through a difficult time
- to make themselves more popular
- to gain a sense of power or control
- pressure from friends

Bullies must not be allowed to continue their behaviour, but they also need help to change.

How might I know if my child is being bullied?

If you think your child may be being bullied, these are some of the possible signs to watch out for.

Your child may:

- be frightened to walk to or from school
- not want to go to school
- become withdrawn
- change their usual behaviour
- cry themselves to sleep
- begin to do poorly in schoolwork
- come home regularly physically hurt or with damaged clothes

How can I support my child if they are being bullied?



- **Reassure** your child that they have done the right thing in telling.
- Talk **calmly** with your child and **listen** to what they say
- Explain to your child that they must **report any further incidents to a member of staff**
- Make an appointment straight away to **see your child's Form Teacher**. Do not approach the bully or their parents.



How can I support my child if they are bullying others?

- **Listen** to your child's explanation
- **Explain** why their behaviour is unacceptable
- **Praise** and encourage **positive** behaviour
- **Talk** regularly to your **child's Form Teacher** about their behaviour