



Anti-bullying key messages

What is bullying?

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 can be physical, verbal or psychological. It can happen face-to-face or online.”

As a school, we have adopted this definition.

How do children know what to do?

- We teach children to recognise bullying behaviours and the importance of reporting it.
- Respect for other people is one of the principles of our school. We celebrate what makes us unique.
- We support all young people to stop bullying behaviours in our school.
- Worry Monsters are in all classrooms and centrally for children to use if something is wrong. We regularly talk to children about how to use them.
- Children are encouraged to talk to a trusted adult if something is worrying them. We want all children to have a trusted adult in school, no matter who this adult is.

What can families do to help?

- Encourage your child to talk to a trusted adult about anything causing them upset.
- Contact your child’s class teacher if you believe your child is being bullied. We can help.
- Help your child to understand that telling and seeking help is the key to stopping bullying behaviour.
- If bullying behaviour continues after the person displaying bullying behaviour has been spoken to, you and/or your child should re-report this.
- **Re-reporting is very important.**

What happens if your child is involved in bullying behaviour?

- Your child will be given an opportunity to stop this behaviour.
- We will contact you.
- Help is available to enable your child to stop bullying behaviour.

What does the school do if a report of bullying is made?

- All instances where bullying has been reported are investigated by the Anti-Bullying coordinator.
- The ABA’s definition is used to determine if the report is bullying, relational conflict or another behaviour.
- We will work with families to help stop bullying where it has been confirmed.