Anti-bullying key messages

What is bullying?

The Anti-Bullying Alliance (ABA) 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 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?

- We will take the concern seriously and consider the context, needs and safety of all children involved.
- We will contact you.
- Support, education-based approaches and proportionate consequences may be used to address the behaviour and its underlying causes.

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

- All reports of bullying or bullying behaviour are taken seriously, investigated and recorded.
- The ABA's definition and the context of the incident are used to decide whether it is bullying, relational conflict or another behaviour.
- We will work with families to help stop bullying where it has been confirmed.