

# Glyn School Anti-bullying



Glyn  
School

A guide for  
Parents and Carers

We are committed to providing a caring, friendly and safe environment for all of our students so that they can learn and achieve in a purposeful and secure atmosphere. It is important to us that 'Every member of the Glyn Community should be able to Grow, Learn and Flourish' and this can only happen if a student feels protected and nurtured at school.

Prevention of any action that undermines this process is preferred to intervention and the school is committed to maintaining an ethos of mutual respect and integrity, where positive relationships are encouraged and individuals feel valued.

If intervention is necessary, however, we take every report of bullying incredibly seriously. Glyn School defines bullying as:

'An intentional act, by an individual or group, which may be repeated over time, and causes physical or emotional pain or distress.'

We know that bullying takes many forms, but we identify the four main types as:

- Emotional: being unfriendly, excluding, tormenting
- Physical: pushing, kicking, hitting or any use of violence
- Verbal: name-calling, sarcasm, spreading rumours, teasing
- Cyber: all areas of the internet, such as email, chat room misuse, passing on messages or sharing of personal information, mobile threats by texting messaging or calls and any use of technology.

To help prevent bullying we work tirelessly to create opportunities to educate our students, school staff and parents about bullying and the difference between bullying and every-day conflict in relationships. Our school Bullying Policy can be found on our website.

We have created an Anti-bullying booklet – a guide for students which we would ask you read in conjunction with this parental guide.

### **What might be the signs that my child is being bullied?**

You may see one or more signs, for example your child could:

- Show signs of stress – being moody, silent, crying or bullying a younger sibling or friend
- Make excuses to miss school, such as stomach complaints or headaches
- Seem upset after using the internet or mobile – secretive and unwilling to talk about their online activities and phone use
- Have unexplained injuries
- Change their eating habits
- Have torn clothes, things that are broken or missing or have 'lost' money
- Disturbed sleep
- Steal money or food

### **Where can I find information, advice and support?**

Please refer to the student Anti-bullying booklet for contact details of organisations who can offer further information, advice and support. The student booklet contains lots of information, including sections on:

- What bullying is?
- What should I do if I am being bullied and what support could I receive?
- I am afraid if I tell anyone it will get worse
- What should I do if I see someone being bullied?
- Guidance & Contacts

## What should I do if my child is, or I think is, being bullied?

Email or phone your child's Head of House to explain what you have heard so we can investigate further at school.

Keep a record of:

- How long the bullying has been going on
- Who is involved and the structure of the bullying
- The locations and times of the bullying
- Do not exaggerate. Be honest and stick to the facts as you know them. Teachers need to know how serious the bullying is if they are to make judgements about the best course of action
- Make a note of everything you know about the bullying to avoid forgetting important points.

Please remember that boys do often fall out of friendship; if this happens, this is not bullying. However, if an individual or group then try and alienate this student, or call him names on a regular basis, then this is bullying.

## How can I help my child?

Don't panic and try to keep an open mind. Your key role is to listen and calmly reassure that the situation can get better:

- Assure them that the bullying is not their fault and reassure them that they have done the right thing by telling you, be patient and make time to listen to them.
- Write down what your child tells you. Explain that the incidents should be reported to the school.
- Inform the school via your child's Form Tutor or Head of House.
- Discuss how you may be able to help support your child.
- Ask the school to keep you informed.
- Don't take any action before you know what is going on.
- Don't threaten or pressurise anyone.
- Do not take action before you discuss the options with your child. Do make sure you do something – if bullying goes on for a long time it can cause serious damage to a child's educational and personal development.
- Do not make promises you can't keep. It is important that your child knows that he or she can trust you.
- Obtain guidance from the school in confidence.
- If you discover that a child could be in serious danger, whether that danger comes from an adult or another child, you must act – even if the child wants you to do nothing. We have a designated Safeguarding Team who would work closely with the Head of House.

## How can I help to make sure that my child doesn't get involved in bullying behaviour?

- Set a good example; show your child tolerance, respect and kindness. Be kind and respectful to others. Remember your children are always watching you.
- Explain why it is not kind to say and do things that hurt other people.
- Encourage your child to talk about things that they have heard or seen that don't seem kind.
- Encourage them to care for other children that seem scared or sad.
- Gently challenge family or friends if they say things that are racist, homophobic, sexist or disablist in front of your child. Explain that you don't want your child growing up bullying other people.
- Teach your child to be empathetic and understand how it might feel when people are unkind.
- If your son or daughter witnesses bullying they should be responsible and follow the school procedure:
- See it; report it; stop it

## Need more help?

### Useful Websites:

- [www.childnet.com](http://www.childnet.com)
- [www.cyberbullying.org](http://www.cyberbullying.org)
- [www.chatdanger.com](http://www.chatdanger.com)
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- [www.kidscape.co.uk](http://www.kidscape.co.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.bullying.co.uk](http://www.bullying.co.uk)
- [www.familylives.org.uk](http://www.familylives.org.uk)
- [www.ineedhelp.org.uk](http://www.ineedhelp.org.uk)

### Helplines:

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| ChildLine   | 0800 1111<br>Free 24 hour helpline for children and young people  |
| Kidscape    | 08451 205 204 10am-4pm weekdays<br>Advice line for parents and carers   |
| The Mix     | 0808 808 4994 1pm-11pm every day.<br>Free confidential helpline for young people                                  |
| Samaritans  | 08457 90 90 90<br>Helpline for those in distress, offering multi-channel support                                  |
| I Need Help | 0800 141 2055. Lines are currently open Monday to Friday 9am – 5pm<br>Free confidential helpline for young people |

This booklet can be found on the Glyn website under the Parents and Student Section



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