

Alma Park Primary School

Anti-Bullying

Parent/Carer Workshop

Autumn 2017

Facilitated by

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Aims of the session

- To understand what bullying is
- To understand various bullying behaviours
- To identify possible warning signs that a child is being bullied
- To share strategies children can use to report bullying
- To identify steps adults can take to address bullying
- To equip families with the knowledge and confidence to prevent and tackle bullying

National Bullying Statistics

81% of young people experience name calling

50% were bullied because of appearance

90% said that bullying happened at school

68% said that bullying has had a huge impact on their self esteem

40% young people have had suicidal thoughts because of bullying

"It's unexplainable but it gives you a generally bad feeling about yourself. Whatever I do they just manage to hate me for it."

At Alma Park

Our children

‘..... consider bullying and name-calling to be rare events and they are confident that any member of staff will listen to them if they have concerns’

OFSTED 2017

What is bullying?

- Have a think and then talk to the person next to you.
- You have 1 minute to try to come up with a short definition

So what do you think bullying is?

Bullying is unwanted, aggressive behaviour that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time.

Stopbullying.gov

S T O P

Several times on purpose

It can present in different ways ..

Bullying may be racist, sexist or homophobic. People can be bullied for any reason: because of the way they look, because of their religion, their age, because of learning or physical disability, where they live, their family, their social class, or how well they are doing at school.

Types of Bullying

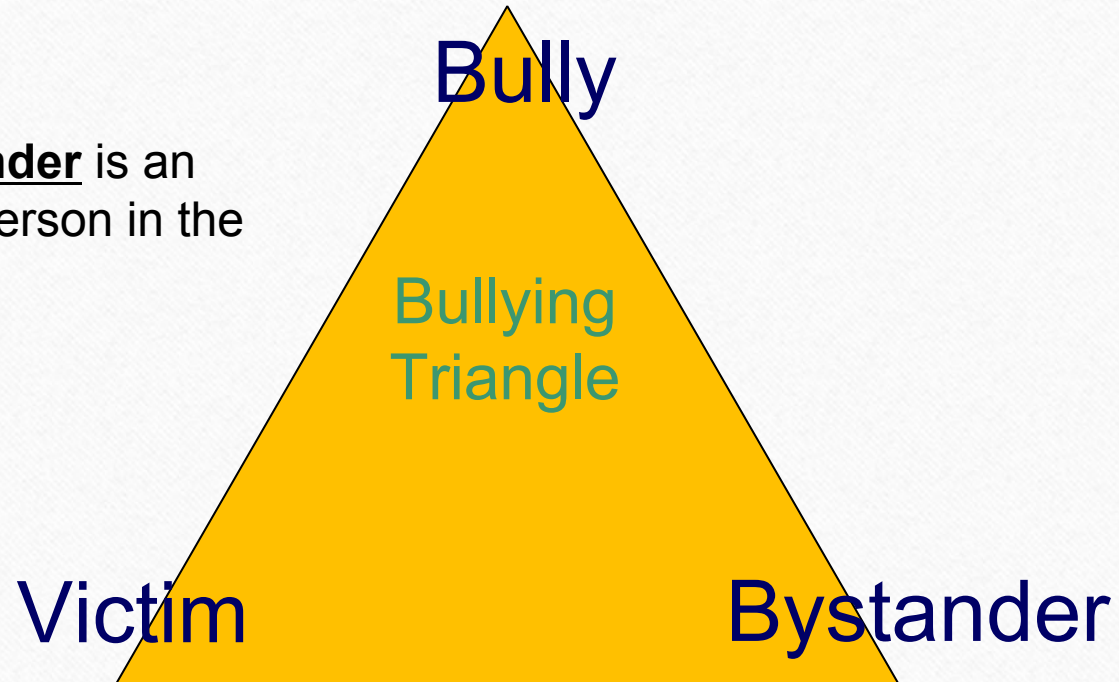
- **Physical** (when someone pushes you, hits you or harms you in any way physically)
- **Name calling** (using insults and offensive nicknames)
- **Social** (leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline)
- **Cyberbullying** (being bullied online, via social networks, apps, messenger and phones)
- **Sexual** (unwanted sexual advances, pressurised to do sexual things, sexting, sexuality, spreading sexual rumours)

Be technologically aware!!

- Social networking sites – is it legal?
- Monitoring internet use – are you doing this?
- Mobile phones – internet access on most – what is your child doing / viewing?
- Text messages; web browsing; still/video cameras; video calling/viewing; app downloads; gaming; sexting
- Risk of exploitation by adults

Who is involved in Bullying?

The **Bystander** is an influential person in the triad



Role of the Bystander

- **85% of bullying takes place with bystanders present** (Pepler)
 - Fear
 - It's only a bit of fun
 - Ignore it and it will go away
 - They deserve it

Some tell tale signs of bullying

- Frightened of walking to and from school.
- Begins truanting.
- Becomes withdrawn, anxious, or lacking in confidence.
- Feels ill in the morning.
- Loss of appetite/comfort eating; unable to sleep
- Begins to underperform in schoolwork.
- Possessions go 'missing'.
- Asks for or steals money to pay the bully.
- Is frightened to say what is wrong.
- Self harming

Is it bullying?

1. Dena keeps telling Susan not to sit next to her and that all of the seats on the table are taken.
2. Holly and Jasmine have fallen out over something and Jasmine refuses to speak to Holly.
3. Each time Raheem walks into a class a group of pupils giggle and whisper to each other.
4. Tania and Susan won't let Rachel play with them today.
5. Joel and Dean have had an argument. Joel kicks Dean's bag across the floor.

(Adapted from materials by Sonia Sharpe, used in the DfES Sheffield anti-bullying project) – Reproduced from Primary SEAL.

Bullying

Not bullying

Need more information

What if

- Your child is involved in bullying?
- Your child is part of a bullying or bystander group?
- Your child is a victim of bullying?

At Alma Park bullying is **NOT** accepted

- We have a strong behaviour policy which is understood and adhered to by all
- Staff training
- ABC – daily peer support
- Classroom activities, assemblies, outside agencies

Bullying: What Can Your Child Do?

- Let someone know what is happening!!!
Who????
- Parents, Friends, Teachers, TAs, Learning Mentor, LOs
- It's okay to ask for help



Bullying: What Can You Do?

- Talk calmly to your child
- Be patient ... it may be difficult for them to tell you
- Let them know it is not their fault
- Speak to staff at school so that we can work together to support your child
- It's okay to ask for help



Anti-bullying @ Alma Park

- Positive choice behaviour policy
- Child friendly statements
- Book

Anti-bullying Help

- www.anti-bullyingalliance.org.uk
- www.nationalbullyinghelpline.co.uk
- www.kidscape.org.uk
- www.nspcc.org.uk
- www.bullying.co.uk

STOP!

- Several
- Times
- On
- Purpose