

## At the meeting

- Take written details of the incident
- Remain calm and courteous, raised voices or threats and the meeting will be ended
- Ask for notes to be taken so that there is a record of what is discussed and agreed
- Ask for a personal, named contact at school for both your child and yourself
- Agree a plan of action and arrange a time for a follow up meeting
- Decide if it is best for your child to attend
- If it is a serious incident it may be referred to another agency such as the police

## After the meeting

- Give the head teacher time to deal with the situation
- Keep in touch with the school (especially if the incidents continue)
- Keep your child fully informed of what is happening - they will feel safer and happier knowing that adults are working together to support them

## What if the bullying continues?

In most cases school will respond sensitively to incidents of bullying and work with you to successfully resolve the situation.

However, if the problems persist and you would like the school to do more than they are doing you can write to the Chair of Governors and raise the issue formally.

## Contacts for further help or advice

### Anti-Bullying Alliance

[www.anti-bullyingalliance.org](http://www.anti-bullyingalliance.org)

Information, support and advice from an alliance of the leading anti-bullying organisations and voluntary groups in England.

### Childline

0800 1111 - [www.childline.org.uk](http://www.childline.org.uk)

24 hour freephone for children and young people

### Family Lives

0808 800 2222 - [www.familylives.org.uk](http://www.familylives.org.uk)

Confidential parent and family support and guidance

## Local information and guidance

### Derbyshire County Council

[www.derbyshire.gov.uk/bullying](http://www.derbyshire.gov.uk/bullying)

Information, support and guidance for parents and carers and children and young people

### Derbyshire LGBT+

01332 207704— [www.derbyshirelgbt.org.uk](http://www.derbyshirelgbt.org.uk)

Information and support on LGBT issues for adults and young people in Derbyshire

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**PREVENTING AND TACKLING BULLYING IN DERBYSHIRE**

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# Bullying

Advice for parents and carers

## What is bullying?

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of a difference or a 'perceived' difference. This can be for lots of reasons such as: home circumstances, age, disability, gender, race, religion or belief and sexual orientation .

### Bullying can be:

- **Physical Bullying**—kicking, hitting, taking things, sexual assault
- **Verbal Bullying** - name calling, shouts of abuse or insults, using threatening language
- **Indirect Bullying** - spreading rumours, being excluded from groups, intimidation, writing messages
- **Cyberbullying**— nasty text messages, emails, phone calls and through wider use of technology

## Relational conflict

Bullying often gets confused with relational conflict. A relational conflict is a struggle, disagreement, argument or debate that takes place between two people within a friendship or other relationship.

Relational conflict is a natural part of human relationships and anyone who interacts with other people is going to experience conflict. Children who are developing socially will experience many conflicts at home, in the community and at school.

## What are the signs of bullying?

### Look for changes in your child:

- Avoiding school
- Appearing frightened of the journey to or from school
- Deterioration in their work
- Becoming anxious, moody, withdrawn, quiet
- Seeming unhappy but refuse to say why
- Having nightmares or sleeping difficulties
- Complaining of headaches, stomach ache or other illnesses
- Arriving home hungry
- Asking for extra money

### You may notice them coming home with:

- Torn clothes
- Missing or damaged possessions
- Unexplained cuts or bruises

Bullying doesn't just happen in school. It could happen anywhere at any time.

## How can you help?

- Reassure your child that it is not their fault
- Talk calmly about what is happening without involving your own emotions
- Listen and take what is said seriously
- Makes notes of what has happened (who, what, when, where)
- Keep your child involved - it is important that they know what is happening and have a say

## To be bullying there needs to be:

- Intention
- Repetition
- Imbalance of power



## Talking to school

Schools must have an anti-bullying policy that addresses all forms of bullying. It will make clear the measures that can be taken to respond effectively to bullying incidents whether inside or outside school.

Schools have the power to impose a range of sanctions against pupils who are involved in bullying incidents outside school. The policy must include measures to be taken with a view to "encouraging good behaviour and respect for others on the part of pupils and, in particular, in preventing all forms of bullying among pupils".

Schools have a duty to work with other agencies to safeguard and promote the well being of pupils.

### You should:

- Tell the school about the incident
- Arrange a meeting with school staff
- Explain why you want the appointment so that they can investigate before the meeting
- Give as much detail of the incident as you can – time, location, what happened, names of those involved including 'witnesses'

It is important to record as much detail as possible straight after the incident as it is easy to get confused, upset or forget the sequence of events. Young children in particular will find it difficult to remember the detail of an incident after just a short period of time.