



Ashleigh Primary School

# Say NO to bullying

A handbook for parents



## **Ashleigh will be a place where everyone feels safe**

*In our most recent parent survey, 100% of parents say that their child feels safe in school and we are very proud of the safe atmosphere we have created at Ashleigh Primary School. Creating a safe environment in any school involves everybody understanding our high expectations. This booklet has been designed to explain to parents and carers how we would deal with any possible bullying incidents.*

## **Bullying will NOT be tolerated**

### **What is bullying?**

Bullying can be defined in many different ways. The UK currently has no legal definition for bullying. At Ashleigh we define bullying as, “being exposed, repeatedly and over time to negative actions on the part of one or more persons,” Dan Olweus.

### **The ‘Three Ps’**

*We teach pupils the ‘Three Ps’ to help them understand what bullying is.*

1. **Persistent** – It keeps happening
2. **Purposeful** – It is on purpose
3. **Power** – It makes the victim feel helpless

Bullying is not:

- A one-off argument
- A friend sometimes being nasty
- An argument with a friend

### **Different types of bullying**

*We teach pupils about the following types of bullying:*

- Physical (hitting, kicking, theft)
- Emotional or indirect (spreading rumours, excluding someone)
- Verbal (name calling, racist remarks, insults)
- Cyber (social network sites, internet sites, mobile phones)

### **How might I know if my child is being bullied?**

*If you think your child is being bullied, look out for:*

- Behaviour changes such as becoming shy and nervous
- Lacking self esteem
- Withdrawal

- Not wanting to go to school
- Lots of stomach aches, headaches or no specific

### **What does Ashleigh Primary School do about bullying?**

Schools must by law have an anti-bullying policy. This tells you what the school will do if bullying is reported, and also what the school is doing to stop bullying happening in the first place. Our Anti bullying policy can be found on the school website under 'Policies'.

At Ashleigh Primary:

- We agree that bullying is always wrong.
- We listen.
- We educate children about bullying through regular PATHS lessons, e-safety lessons and activities and assemblies that take place during anti-bullying week and throughout the year.
- We make sure that all children and adults understand what the term 'bullying' means. Staff are all aware of our anti-bullying policy and children are given opportunities throughout the year to talk openly about bullying and the different types of bullying.
- We help children to understand how bullying feels for the person being bullied. Staff model empathy for others and children respond to different scenarios in PATHS lessons.
- We make sure children know exactly what to do if they think they are being bullied, and feel confident that something will be done to stop it. This is communicated to children throughout the year and anti-bullying displays across the school serve as reminders.
- We give the children different ways to tell an adult if they feel bullying might be happening e.g. our class worry eaters, worry books and circle times.
- Additional lunchtime provision e.g. the PATHS Ambassadors and our Sanctuary club, contribute to helping the children feel safe on the playground.
- We help children to enjoy, celebrate and respect the ways we are different, as well as the ways in which we are similar, and to feel good about themselves. We celebrate achievements in many different ways including: celebration assemblies, performances, certificates, house points and the gold book.
- We follow rigorous procedures as stated on the Anti-bullying policy when dealing with any bullying incidents.



## Keeping safe from cyber-bullying at home

These golden rules should be shared with children:

1. Always ask before you send a picture or information that could be shared with other people. Remember that you don't know what will happen to any pictures or information you let other people have.
2. Think before you send a message about yourself or any other people involved. It doesn't take long for it to be shared with every single person you know.
3. Never give out personal information when it can be shared with others. You may trust your new friends, but you don't know his or her friends...
4. Treat your password like your toothbrush....don't let anyone else use it!
5. If you receive nasty messages, texts, emails etc block the person sending them and always tell an adult.
6. Don't reply to a bullying message but do keep it – whether it is a picture, message or online communication.

For more information see [www.kidscape.org.uk/cyberbullying/](http://www.kidscape.org.uk/cyberbullying/)

