

STRATEGIES FOR PARENTS

- ☞ Contact Clare Mount *immediately* (0151 606 9440) so that we can work together

If your child is being bullied:

- ☞ Calmly discuss the experience with your child
- ☞ Build self-confidence and help your child develop positive social skills
- ☞ Keep a record (Who? What? When? Where?)
- ☞ Reassure your child that this does not have to be dealt with alone
- ☞ Explain to your child that any further incidents should be reported to a teacher immediately
- ☞ Contact the police, if necessary, if this is happening outside the school

If your child is the bully:

- ☞ Make it clear that bullying is unacceptable
- ☞ Teach and reward positive behaviour and have fair and consistent responses and consequences for bullying
- ☞ Help your child learn positive ways to handle anger and frustration
- ☞ Help your child understand the feelings of the targeted child and make amends for bullying
- ☞ Get help if the bullying continues

- ☞ Work with Clare Mount to help your child – ring 0151 606 9440 and ask to speak to a senior member of staff

STRATEGIES FOR CHILDREN

If you are being bullied:

Do's

- ✓ Pretend you are confident – even if you are not!
- ✓ Think positive – convince yourself that the problem can be solved
- ✓ Remember – there is nothing wrong with you, the bully is the one with the faults

Don'ts

- ✗ Use violence to solve your problems
- ✗ Give in to the bully's demands – it will get worse
- ✗ Worry – a worry shared is a worry halved
- ✗ Keep quiet about it

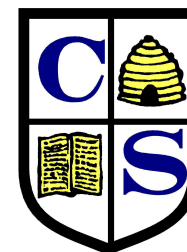
AT CLARE MOUNT WE WILL

- ☞ Listen and take what is said seriously
- ☞ Deal with the problem in a sensitive way
- ☞ Consider individual feelings and wishes
- ☞ Respect confidentiality and privacy
- ☞ Record and investigate all incidents
- ☞ Take appropriate action to solve the problem

COMBATING BULLYING

A GUIDE FOR PARENTS AND PUPILS

CLARE MOUNT SPECIALIST SPORTS COLLEGE



CLARE MOUNT AGAINST BULLYING

ANTI-BULLYING POLICY

Clare Mount is committed to providing a quality education, and caring for, all its pupils. Anything that prevents this, such as bullying, will not be tolerated. It is for the school as a whole, and for all parties with an interest in the school, to eradicate bullying in this establishment

WHAT IS BULLYING?

Bullying is any persistent and sustained behaviour by any single person or group against any single person or group which causes them to feel intimidated, uncomfortable or unhappy in any way. Bullying can be the physical, mental or emotional abuse of another person.

We use the phrase

Several

Times

On

Purpose

to help pupils recognise what bullying is.

BULLYING INCLUDES...

- ☹ Name-calling, teasing, taunting or belittling
- ☹ Hitting / pushing / tripping or any unwelcome physical contact
- ☹ Demanding money or food
- ☹ Making someone do something against their will
- ☹ Turning others against someone
- ☹ Leaving someone out or isolation of an individual
- ☹ Passing comments or spreading rumours about someone in their family
- ☹ Making rude, suggestive or sexual remarks
- ☹ Sending offensive text messages, mobile phone calls or e-mails (cyber bullying)
- ☹ Organising the intimidation (physical or mental) of an individual even if not directly involved
- ☹ Being a member of a group of pupils known to intimidate other pupils
- ☹ Any abuse or harassment as described above if applied to another's race, colour, culture, religion, disability or sexual orientation

WHAT SHOULD PARENTS LOOK OUT FOR?

If your child is being bullied he/she may:

- ☞ Not want to come into school
- ☞ Not perform as well as usual
- ☞ Behave in a manner which is out of character
- ☞ Have torn or missing clothing
- ☞ Have unexplained bumps and bruises
- ☞ Have money or food which disappears without explanation
- ☞ Be unable to sleep
- ☞ Have frequent aches, pains or illnesses – whether real or imaginary
- ☞ Threaten to hurt self or others
- ☞ Start to bully other children in turn

We don't like to think the worst of our child but if he/she is a bully he/she may:

- ☞ Try to dominate and manipulate others
- ☞ Be both a poor winner and a poor loser
- ☞ Blame others for problems
- ☞ Be good at hiding negative behaviour from adults
- ☞ Have a history of discipline problems
- ☞ Show uncontrolled behaviour
- ☞ Lack empathy for others