

# The Batt Antibullying Newsletter



THE BATT C OF E SCHOOL

July 2019

Dear Parents/Carers

This is a newsletter to guide parents/carers, and pupils, through the different types of bullying, the signs and some tips to help. We hope you find it useful.

Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.

It can happen anywhere – at school, at home or online. It's usually repeated over a sustained period of time and can hurt a child both physically and emotionally.

## Bullying

Several  
Times  
On  
Purpose

### What is NOT bullying:

One off incidents – bullying is generally persistent and repetitive

Mutual conflict - an argument or fight where both parties have equally participated

### What are the different types of bullying?

This is just some of the types of bullying:

**Cyberbullying** – This is bullying that takes place online, via social media, mobile phones and gaming.

**Homophobic** – This is when someone bullies another person because of their sexual orientation. It might include saying that someone is 'gay' or using words like 'gay' as an insult.

**Racist** – This is treating people differently because of their race, the colour of their skin, where they're from or what they believe in. It includes using offensive words that describe race to bully people.

**Lookist** – This is bullying someone because they look different, for example if they have ginger hair or wear glasses.

**Sexist** – This is treating people differently just because they're female or male. For example, making fun of a girl because you think boys are better than girls. Or saying that boys can't do certain things.

**Religious** – This is bullying someone because of their religion or faith. It could be making fun of their religious traditions like reading a bible, praying at a mosque or visiting a temple. It could also be treating someone without respect because of their religion.

**Xenophobic** – This is when someone treats others badly or without respect because they're from a different country. It could also mean not giving people equal opportunities or attacking them because of where they're from.

**Disabilist** - This is bullying someone because they have a disability, or using offensive language to describe people who have a disability.

## How to get help

### Tell a friend

Your friends can support you, even if you don't want to tell them all the details. They may help you tell the people to stop bullying you, or help you take your mind off it when you are feeling down.

### **Tell an adult**

You could tell a parent, or someone you trust about the bullying. They could give you advice and support.

### **Tell a teacher/teaching assistant/adult**

You have a right to feel safe in school and the teachers have a duty to look after you.

It may help to talk to someone about how you are feeling, so tell someone. Don't be scared.

**Don't** fight back, it could get you into trouble or hurt. There is no shame in not fighting back.

**Don't** reply to an abusive message as this could make things worse and could upset you more.

### **Banter or Bullying?**

If you're being called names or you've fallen out with your friends, it might feel like you're stuck or that people are against you. Even if people say it's just banter or jokes, it can still hurt, but things can get better.

### **Top Tips for young people**

It does not matter what colour hair you have; what trainers you are wearing; how you speak; how you talk – it's not your fault if you get bullied. Everyone is different in some way and that's what makes us amazing.

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. The important thing is that you tell someone about it.

If you feel you can, talk to a teacher, or other adult, you trust or your parents, brother or sister. If you don't want to do that you can always call Childline 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk).

Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails or posts.

Think about other ways you can respond to bullying. For example, practice saying: "I don't like it when you say that/do that – please stop

Remember to be kind to other people! Just because someone is different to you and your friends – that doesn't mean you are better

than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having

### **Top Tips for parents**

If your child is being bullied, don't panic. Explain to your child that it's not their fault and together you can sort it out.

Try and establish the facts. If it is online bullying, then save or copy images or text. Keep a diary of events.

Concerns should be discussed with the school so that we can provide support and guidance, rather than confronting other parents, or social media.

Find out what your child wants to happen. Help identify the steps you can take and the skills they have to help sort the situation. Always keep them informed about any actions you decide to take.

Encourage your child to get involved in activities that build their confidence, and help them form friendships outside of school, or wherever the bullying is taking place.

### **Information & Online Resources:**

Childnet – helping to make the internet a great and safe place for children – [www.childnet.com](http://www.childnet.com)

NetAware – Advice for parents and carers on the most popular social networks and interactive apps and games used by children – [www.net-aware.org.uk](http://www.net-aware.org.uk)

Thinkuknow - aims to empower children and young people aged 5-17 to identify the risks **they** may face online and **know** where **they** can go for support. - [www.thinkyouknow](http://www.thinkyouknow)

### **The Designated Leads at The Batt School are:**

Mr Chris Payne Headteacher	Mr Mark Peacey Deputy Headteacher	Mrs Sharon Bark School Business Manager	Mr Dom Baker
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