

## How do we deal with bullying

### ? at London Meed? ?

Through the curriculum (assemblies, lessons and activities) the school helps children to:

- Understand what constitutes bullying in different forms, its impact and the roles of those involved in bullying behaviour, including bystanders
- Know how to respond when bullying takes place
- Know who they can turn to in school for help

Any form of bullying will be treated seriously. Staff will investigate all incidents, listening to all involved.

- After consultation with parents, the bullied child, with the support of an adult, will tell the bully they do not like what he/she is doing.
- If repeated incidents or further bullying behaviour occurs, sanctions will be imposed where necessary to impress upon the bully the seriousness of their actions.
- Actions that have been taken will be shared to ensure that the bullied child knows that it is being addressed.
- The situation will be monitored by key staff, including senior leadership.

## London Meed Values

At our School we have four values, which are based on our Vision Statement



### Where can I find further information and advice?

Kidscape Parent Advice Line:  
020 7823 5430

<https://www.kidscape.org.uk/>

Childline: 0800 1111 <https://www.childline.org.uk/>

Family Lives Helpline: 0808 800 2222  
<https://www.familylives.org.uk/>

Safer internet.org: <https://www.saferinternet.org.uk/>

NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Do not be a bystander – if you see something that worries you, tell an adult on your safety network today**

## London Meed Primary School

### Anti-bullying Advice for Parents and Carers

Contributions by: Blake, Cian, Finley, Joshua, Kian, Molly, Ms Reece

Golden Rules at London Meed Primary are:

Be kind and gentle

Listen while others are talking

Always tell the truth

Do your best

Be polite and helpful

Look after your own and other people's property

**S**everal

**T**imes

**O**n

**P**urpose

STOP it! I don't like it!

At London Meed, we all have a safety network; 'give me 5' means everyone has five adults they know will listen to them, keep them safe, and take any worries or concerns seriously.

# ? What is bullying?

Bullying is the **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an imbalance of power.

We look for four key factors when identifying behaviour as bullying:

1. **Repetition** - the behaviour is not a one off.
2. **Intentional** - the behaviour was not an accident, or incidental.
3. **Hurtful** - the behaviour is harmful
  - a. (emotionally and/or physically)
4. **Power** - there is a real or perceived imbalance of power.

## Why do children bully?

Children bully for many reasons, including:

- they may be unhappy or going through a difficult time
- To make themselves more popular
- To gain a sense of power or control
- Pressure from friends

Bullies must not be allowed to continue behaving in this way, but they also need help to change.

## How are children bullied?

Children may be bullied physically, emotionally or verbally, or a combination of these.

- **Repeated direct actions** such as teasing, taunting, threatening, hitting or kicking, stealing or damaging things, calling names, picking on children, making them do things that they don't want to do, etc.
- It can also include **repeated indirect actions** that cause a child to feel socially isolated. Examples of this type of bullying could be leaving the student out of activities, spreading rumours, making him/her feel uncomfortable or scared, telling nasty stories, not allowing the person to speak to other children or be spoken to, etc.

## What do I do if my child is bullying others?

- Listen to your child's explanation 
- Clarify the details
- Explain why their behaviour is unacceptable
- Monitor their behaviour & set clear expectations and consequences 
- Keep in contact with the school
- Get advice and support where needed
- Praise and encourage positive behaviour

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

These are some signs to watch for:

- broken or missing possessions
- becoming withdrawn
- changes in eating habits
- changes in behaviour 
- sleeping badly
- complaining of headaches or stomach aches
- wetting the bed
- worrying about going to school
- falling behind at school
- physical signs

## How can I support my child if they are being bullied?

Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to keep a diary of events to share with the school. 

- Don't encourage retaliation to bullying - such as violent actions.
- Make an appointment with your child's class teacher as soon as possible. Do not approach the other child and/or their family. 