

## Parents – you can help!

### Here are some ideas!

- ⇒ Be observant. Look out for the telltale signs such as: unwillingness to attend school, declining academic performance, loss of self confidence, loss of interest in social events.
- ⇒ Encourage talking – sometimes this may be difficult, but remain patient.
- ⇒ Listen calmly and seriously and try not to over react – work out the facts.
- ⇒ Give assurance that the situation can be changed.
- ⇒ Make sure that your child understands that there is nothing wrong with him/her, and that it happens to most people at some time.
- ⇒ Support the School policy and contact the School when concerned.

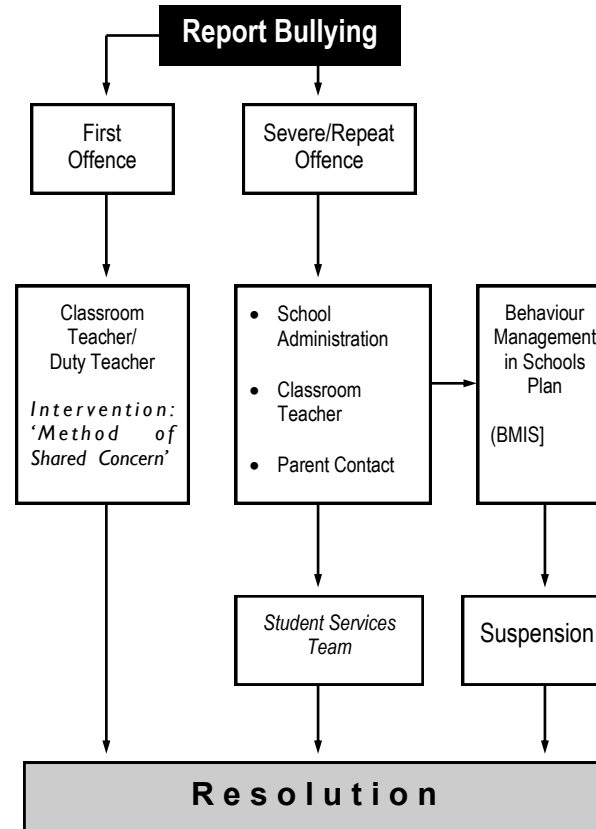


**Working together!**

## What will the School do?

Chidlow Primary School has clearly defined its role on bullying. The diagram below illustrates the procedure that the School will take if bullying occurs.

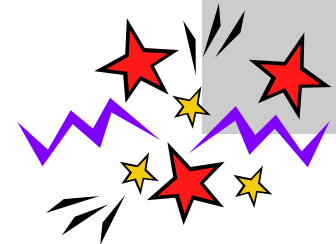
### BULLYING FLOWCHART



CHIDLOW  
PRIMARY SCHOOL



# Don't be Bullied!



## Speak up!

## What is Bullying?

Bullying is a repeated incident of behaviour that is designed to hurt, injure, embarrass or upset the other person.

### It can be:

- ☐ Deliberate exclusion from activities
- ☐ Spreading rumours
- ☐ Unwanted touching, hitting, teasing, abusing and mocking
- ☐ Putdowns
- ☐ Hiding someone's property
- ☐ Writing nasty notes
- ☐ Name calling
- ☐ Taking or damaging the person's property
- ☐ Making hurtful and racist comments
- ☐ Criticising religious beliefs and practices
- ☐ Negative comments on social/family background
- ☐ Intimidation or threatening behaviour



**Stand together**

## What can you do if you are being bullied?

### Talk about it!



### Discuss it with:

- ☐ Friends
- ☐ Family
- ☐ Peer Mediators
- ☐ Staff
- ☐ Anyone you can relate to

Don't get sucked in by the 'dobber' tag – it's used to protect the bullies!

You may want to talk about the problem, but may not want any action taken. That is OK.

**Chidlow Primary School** respects the rights of all people, and in particular its students, to be free from all forms of bullying and harassment. The School is of a view that any form of bullying is totally unacceptable behaviour and is completely contrary to the School's aims and objectives.

## Ways you can help stop bullying!

### Try these:

- ⇒ Try not to retaliate by becoming a physical or verbal bully yourself.
- ⇒ You could try to ignore the bullying. If you show you are not upset, the bully may stop.
- ⇒ Walk away quickly and confidently from a group of bullies.
- ⇒ Try being assertive – speak firmly and tell the bully "Don't do that, I don't like it".
- ⇒ Try to establish a supportive friendship group.
- ⇒ Avoid being alone in places where bullying happens.
- ⇒ Write down the things the bully has said or done to you and how you feel.
- ⇒ Speak to someone about it.

**If you are NOT being bullied yourself, but notice someone else being bullied, you can:**

- ☐ Not support the bully – fewer people smiling, fewer people joining in – makes a difference – **walk away**.
- ☐ If you feel strong enough, support the person being bullied by standing alongside them or saying something such as 'leave him/her alone' in a **calm, non aggressive way**.