

## What is Bullying?

**'Bullying is behaviour by an individual or group, repeated over time that intentionally hurts another individual or group either physically or emotionally'**

It is not:

- If people hurt you once or twice and fall out with you.
- If people play too rough.
- If people accidently hurt you or do not realise they are making you feel sad by playing with other people.

### Advice for parents and carers:

If you suspect your child is being bullied or your child brings it up, consider these steps:

- **Talk with your child.** Focus on your child. Express your concern and make it clear that you want to help.
- **Work together to find solutions.** Ask your child what they think can be done to help. Reassure them that the situation can be handled privately.
- **Help your child develop strategies and skills for handling bullying.** Provide suggestions for ways to respond to bullying, and help your child gain confidence by rehearsing their responses.
- **Contact school** and make an appointment to talk with your child's teacher.
- **Be persistent.** Bullying may not be resolved overnight.



Hopwood C.P. School

## Anti-bullying

### A Guide for Children and Parents/Carers



At Hopwood C P School, we pride ourselves on managing bullying incidents well. Children are constantly reminded, through curriculum activities, assemblies and social discussion that all children have the right to come to Hopwood feeling safe and secure.

The message is clear:

**Bullying in any form, and for any reason, will not be tolerated**



Anti-bullying ambassadors 2021/22

Our Anti-Bullying Ambassadors are all from Y6. They encourage pupils to show respect, choose kindness and look after each other

They attend meetings to develop their role and discuss any issues. The children are trained to understand what bullying is and how to be on the lookout for signs. They support the children with friendships, worries and play.

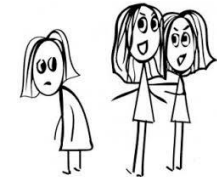
As well as fulfilling their daily tasks, Ambassadors participate in special events to raise the profile of the importance of friendship, tolerance, anti-bullying and simple acts of kindness. Throughout the school year, the ambassadors lead assemblies that reinforce our school values and zero tolerance for bullying.

## Advice to Children

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

First of all – **do not worry**- this can be sorted out. Think about what is happening to you, stay calm. Are you sure you are being bullied? It could be something else that is making you unhappy:

- Falling out with friends
- A silly argument
- A game that has gone wrong
- Rough play



These things are important, and they make you sad, but this is not always bullying.

If someone is being very unkind, or hurting you – and you don't know why, and you can't stop it – then this is what to do.

- **Tell someone.**

It is important that you talk to someone. This could be:

A teacher

A TA

A lunchtime supervisor

An older pupil

Your friend

Someone at home

Someone you trust

**MOST IMPORTANTLY - TELL**