



# The Willows Primary School

## Parent Information Sheet 1

# Bullying

The Willow's Parent Information Sheets are designed to share news, ideas, and information, to help parents to have a shared understanding of some of the terms that are used in school. We hope that they are useful in allowing everyone in the school community to have a clear grasp of terms that are used around various subject areas. We hope you find them useful.

### What is bullying?

Bullying is unwanted, aggressive behaviour among children, that involves a real or perceived power imbalance. The behaviour is repeated over time.

In order to be considered bullying, the behaviour must be aggressive and include:

**An Imbalance of Power:** Children who bully use their power, such as physical strength, access to embarrassing information, or popularity, to control or harm others.

**Repetition:** Bullying behaviours happen more than once over a sustained period of time.

### What is not bullying?

- One off acts of nastiness or physical aggression
- Fall out with friends that result in upset.
- Wanting games to be played a certain way - unless it involves consistently threatening other children or physically hurting them when things don't go their way.
- One off nasty looks or comments.
- Age-appropriate poor communication skills which result in use of hands or feet.
- Accidentally bumping into or hitting in a busy playground or corridor.
- Incidences with the same child but with long periods of time between

### What to do if your child tells you they are being bullied.

- Talk to them calmly.
- Ask them to tell you what happened.
- Ask them what happened before and after the incident.
- Ask them if anyone saw what happened.
- Ask them if this has happened before with the same child.
- Ask them if they spoke to an adult about what happened.
- Contact the class teacher if you feel that this is an ongoing series of incidences involving the same child.

### Types of bullying

**Verbal bullying** is saying or writing mean things. Verbal bullying includes:

- Name-calling
- Teasing
- Inappropriate sexual comments
- Threatening to cause harm.

**Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumours about someone
- Embarrassing someone in public

**Physical bullying** involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing.
- Taking or breaking someone's things.
- Making mean or rude hand gestures

### What the school will do if your child is being bullied.

- Talk to your child to find out what happened.
- Ask other people, who witnessed it, questions about what happened before and during the incident.
- Talk to the child accused of bullying.
- Talk to adults in school to gather evidence that the incident is one of a series of incidences that have happened over time.
- Record all information on our school system.
- Contact parents of child being bullied.
- Contact parents of child who has been bullying.
- Make reasonable adjustments to ensure it does not happen again.