

# Kingsmills Primary School Anti Bullying Advice for Parents

Kingsmills Primary schools works to minimise bullying and to deal effectively and effectively with any allegations that may arise.

## **What is bullying?**

- Bullying behaviours are actions that are meant to be hurtful and which happen on a regular basis. Bullying behaviours can be direct (physical or verbal) or indirect (e.g. being ignored, not spoken to or excluded). There can be specific types of bullying, including cyber bullying. All are treated extremely seriously at Kingsmills Primary School.

Bullying can mean many different things, pupils at Kingsmill PS have described bullying as:

- being called names
- being put down or humiliated
- being teased
- being pushed or pulled about
- having money and other possessions taken or messed about with
- having rumours spread about you
- being ignored and left out
- being hit, kicked or physically hurt
- being threatened or intimidated

These things can happen at school or at home, but they can also happen online or on social networks (cyber bullying).

## **How does the school address bullying?**

- Having class discussions
- Holding assemblies

- Having visits from outside agencies
- Holding circle Time and PDMU sessions
- Giving personal reflection Time
- By providing resources that deal with bullying issues e.g. fiction and non-fiction books
- By treating all allegations seriously in accordance with our school behaviour and anti-bullying policies and Education Authority guidelines
- By working in partnership with parents and pupils to try to find solutions.

### **What should I do if my child is being bullied?**

- Discuss the pupil advice leaflet about bullying with your child. This leaflet offers suggestions to support your child if they feel they are being bullied.
- Speak to your child's teacher or a member of staff outlining your concerns.
- Contact the school immediately so all allegations of bullying can be dealt with appropriately.

### **Useful contacts:**

Childline: 0800 1111 (free) [www.childline.org.uk](http://www.childline.org.uk)

Bullying UK 0808 800 2222 [www.bullying.co.uk](http://www.bullying.co.uk)

Kidscape 0207 7 30 3300 [www.kidscape.org.uk](http://www.kidscape.org.uk)

