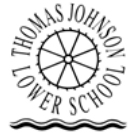


Working Pro-Actively to Promote a Climate of Anti-Bullying



At Thomas Johnson Lower School we are committed to creating an environment where everyone feels safe.

Our Definition:

- Repeated attacks by one child on another child with the intention of humiliating or controlling that person.
- A number of attacks on different individuals by one child with the aim of humiliating or controlling a number of children, or in order to establishing a group of followers.

Examples include, but are not limited to:

- whispering unkind comments;
- taking personal items and hiding or destroying them;
- secretly pinching someone;
- encouraging others not to play with a person;
- looking under the toilet door, or over a cubical wall;
- making derogatory comments about another person's size, name, race, beliefs, sex, shape, or ability.
- telling another child they are disliked or that something is "wrong" with them
- encouraging other children to dislike a child
- refusing to stop doing something when the other person has asked repeatedly for it to stop.

ADVICE TO PARENTS AND CARERS

Please don't tell your child to not worry about it and

- Ignore the person (they may be too scared)
- Play with someone else (they may be drawn to the bully)
- Hit back (this will escalate the situation)

Instead:

- Listen to your child carefully;
- Get the facts (Tell me about what happened? What did the other child say? When did it happen? What did you do? Who else is this happening to?)
- Tell your child they should always go straight to an adult and tell them what has happened.
- **Please send us an email or phone us about the incident!** Your child may not want to "tell on" someone and your phone call may be the missing piece of the jigsaw!

Isn't it just kids being kids?

Children need to learn how to be kind and caring to others.

If your child mentions something, ask yourself **"How would I feel if an adult did that to me?"**

Remember both boys and girls can be victims of bullies.

Not everything is bullying, but as adults we usually know the difference between an argument and the deliberate intention to upset another person.

Help us work with your child to bring out the best in everyone!



HELP!

I think I'm being bullied!

WHAT SHOULD I DO?

- Tell an adult straight away if you can.
- Move your peg on our Feelings Flowers to show that you need to speak to an adult.
- Tell someone when you get home.

WHAT WILL HAPPEN NEXT?

1. The adult will listen to you and try to help.
2. If it's an argument – the adult will try to hear both sides of the argument and help you both to sort it out.
3. If it's unkind behaviour (which could be bullying) – the adult will make sure that the other child can show you they are *really* sorry (the child might make you a card as well as apologizing) and they will lose 5 mins of their play and a note will be sent home to their parents.
4. The teachers will keep a record of these incidents so they can try to stop them happening again.

WHAT IF IT HAPPENS AGAIN?

1. If it happens 3 times, the child who has been unkind will be given support to learn how to be kind and caring.
2. Teachers will hold a meeting with their parents to help provide this support.
3. You and your parents/carers will be told what the school is doing to help you and how we are trying to stop it happening again.
4. The school will monitor the situation to make sure it improves.