

OUR SCHOOL RULES

We are committed to helping everyone to feel happy and safe in school. Our school rules are:

- Follow instructions at the first time of asking
- Always try your best
- Respect everyone and everything

We treat others in a way we would like to be treated ourselves and do not accept bullying behaviour. We teach children the difference between friendship difficulties and bullying behaviour and encourage kind friendships.

FRIENDSHIP 'FALL-OUTS'

We are mindful some behaviours and relationship difficulties may occur which cause harm without constituting bullying. Friendship fall-outs are;

- unintentional upsets
- a minor dispute
- occasional friendship difficulty
- occasional loss of temper
- accidental.

All children will fall out from time to time; they need adults to listen to their feelings and to help them to learn from experiences to 'move on' and resolve and repair things. They are learning to manage relationships and emotions and will sometimes make mistakes.

Let the class teacher know as soon as possible if your child is finding a friendship problem difficult to resolve by themselves so we can support them.

We use a Restorative Approach to help children resolve relationship difficulties using these questions to help:

- What happened?
- Why did you do it?
- Who has been upset by this?
- Do you think you made the right choice?
- What do you think needs to happen next?
- What could you do next time if you were in this tricky situation?

DEFINITION OF BULLYING:

Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe. This can happen both online and offline.

ADVICE

If your child has previously experienced or is currently experiencing bullying behaviour or harassment, it can be a very upsetting and emotional time. You may also feel anxious about what to do to support your child and resolve the situation.

This is a very brief guide about bullying behaviour, definitions, some of the most common signs to look out for if you know or suspect that your child is experiencing bullying behaviour and a few practical next steps.

Please remember the Anti-Bullying Policy with more advice on the procedure to follow in school and what to expect is on the school website. Do not hesitate to contact school as soon as you are aware of any bullying incidents so that we can

resolve them together.



ANTI-BULLYING ADVICE FOR PARENT/CARERS



Useful links:

- www.Childline.org.uk
- www.bullying.co.uk
- www.nspcc.org.uk
- www.kidscape.co.uk



TYPES OF BULLYING BEHAVIOUR – V I P

Verbal bullying behaviour is the repeated, negative use of speech, sign language or verbal gestures to intentionally hurt others e.g. using hurtful words, discriminatory or offensive language or swear words.

Indirect bullying behaviour is the repeated, negative use of actions which are neither physical nor verbal to intentionally hurt others e.g. spreading rumours, purposefully excluding another person, damaging or stealing someone's property or cyberbullying.

Physical bullying behaviour is the repeated, negative use of body contact to intentionally hurt others e.g. kicking, punching, slapping, inappropriate touching or spitting.

SIGNS AND SYMPTOMS TO LOOK OUT FOR IF YOUR CHILD IS EXPERIENCING BULLYING BEHAVIOUR

- Isolation from peers
- Marks, bruises or injuries
- Changes in demeanour, mood, attainment
- Physical symptoms eg tummy aches
- Defensive body language
- Stopped doing activities they enjoy
- Not wanting to go to school
- Being upset before or after school
- Being secretive and hiding their phone or other devices.

HOW TO HELP

1. **Listen** to your child – remain **calm** without reacting so they feel safe to tell you
2. Make sure to **reassure** your child and **praise** them for telling you
3. Make a note of what they say
4. Tell your child you have to inform their teacher (or any member of the Safeguarding Team) and agree with your child the best way so they don't feel anxious about this happening
5. If it is online bullying behaviour - save any evidence by screenshotting social media posts, messages etc block the person posting the content, do not reply back
6. **KEEP REPORTING** and talking to school until the bullying stops *Please see the designated safeguarding leads*

Do not:

* Encourage your child to retaliate by aggression. This message is confusing to a child when it is not how school deals with things. We know it can add more anxiety and bad feeling for children if they try this and it doesn't work or gets them into trouble **Remember school cannot accept fighting**

*Store up anger about other children. We know it can be emotional and upsetting for parents/carers when their child is unhappy in friendships and the frustration to 'sort something out' can be over-whelming. Getting angry rarely helps and might hinder children from learning the skills to make positive relationships themselves or to tell you again if something happens.

Do not:

Threaten to visit the other child/parent/carer or school in a negative way as this can worry children or be tempted to speak to other parents or even post something on social media. This can be detrimental, as it could exacerbate the situation.

SCHOOL WILL:

- Ensure the pupil being bullied is safe
- Offer an opportunity for them to talk to an adult and will be listened to sensitively
- Investigate the incident/s talking to all children involved
- Talk to Parents
- Record details and plan action
- Monitor that the bullying has stopped

KEEPING CHILDREN SAFE

If you ever have any worries regarding a child's well-being or safety, including bullying, please contact a member of our Safeguarding Team:

- Mrs Novelli – Deputy Headteacher (DSL)
- Mr Thompson – Headteacher
- Mrs Strange – Support Assistant

Safeguarding@bookeravenue-jun.liverpool.sch.uk

NSPCC: 0808 800 500

POLICE: 101 / **call 999 if in immediate danger**