

*It is important to stress that we may need support from a range of organisations in order to support some people who are involved in bullying incidents. Parents / Carers will be advised when support from such organisations is being sought and their consent will be asked for when and as appropriate.*

### **What parents and carers can do to support their child who is being bullied.**

It can help if parents and carers:

- \* Make time to listen to their child;
- \* Show that they care and understand;
- \* Ask how they can make things better;
- \* Arrange to meet with their child's teacher;
- \* Give the school details of when, where and how their child was bullied;
- \* Ask the school to explain what action it will take and give the school time to do this;
- \* Ask how they can support their child and the school;
- \* Do not make demands against another child and remember that every young person has the right to be treated in a fair and just way;
- \* Do not encourage their child to bully back;
- \* Encourage their child to tell a member of school staff whenever they feel they are being bullied.

*It is important to recognise that many of the above steps will also apply to a young person who is bullying others.*

### **What parents and carers can do to support their child who is bullying others.**

It can help if parents and carers:

- \* Try to understand why their child could be bullying others;
- \* Explain why bullying is wrong (because it can have a negative impact on both the person who is being bullied and, at times, on the person who is bullying);

- \* Meet with a teacher to discuss how their child could be helped particularly if they are **often** found to be bullying others;
- \* Do not hurt their child by punishing them in a harsh way.

### **Sources of help and support**

#### **Websites**

Bullying UK (part of Family Lives) -  
<http://www.bullying.co.uk>

Anti-bullying Alliance -

<https://www.anti-bullyingalliance.org.uk>

Kidscape - <https://www.kidscape.org.uk>

Childline - <https://www.childline.org.uk>

EACH - <http://www.eachaction.org.uk>, for children experiencing homophobic bullying

#### **Free Confidential Helplines**

Childline – **0800 1111** (24 hours a day)

EACH – **0808 1000 143**  
(Monday to Friday 10am till 5pm)

Bullying UK - **0808 800 2222**



# Rugby Free

Secondary School

### **Information Leaflet for Parents / Guardians and Students**

Rugby Free Secondary School is a happy school where students and staff feel valued, respected and part of a big family. It is a school where we are proud to celebrate our differences. Students at RFSS want everyone to behave in a friendly and respectful way with no bullying. We believe that everyone at RFSS is equal and should be treated equally.

RFSS will not tolerate any form of bullying. It believes that students and staff have the right to learn and work in a safe and caring environment which promotes personal growth and confidence for all.

This leaflet should give parents and carers the information they need to help them take appropriate action when their child is involved in a bullying incident

## What is bullying?

Bullying happens when people try to hurt others by repeatedly saying or doing harmful things. For something to be bullying it has to have happened **Several Times On Purpose**.

A bully hurts someone on purpose over and over; it is not an accident that happens only once. Bullying can be by one person or a group of people.

## What are the main types of bullying?

### Physical Bullying



- \* Hitting
- \* Smacking
- \* Kicking
- \* Punching
- \* Or any physical contact that is harmful

### Verbal Bullying



- \* Name calling
- \* Threats
- \* Offensive remarks
- \* Insulting someone because of their religion, skin colour or background

### Indirect Bullying



- \* Spreading lies and rumours
- \* Leaving someone out of a social group
- \* Stopping someone having a happy time at school

## Cyber Bullying



- \* Sending nasty emails
- \* Sending nasty texts
- \* Making nasty phone calls

## Sexual Bullying



- \* Sexual name calling
- \* Unwanted physical contact / inappropriate touching

## Unintentional bullying

Bullying is not always intentional. Sometimes a person can **feel** that they are being bullied when the other person has not meant to bully them. It is how a person feels about their situations that is important. School staff will take seriously the worries of any young person who feel that they are being bullied.

Fighting, quarrelling and 'falling out' are not bullying unless a person feels powerless to stop what is happening to them. Learning to deal with conflict and respecting the views of others are an important part of child development and we work hard to help young people develop skills to cope with these situations.

## How can bullying affect a person?

Bullying can have a very negative impact on a person's physical, emotion and mental health. It can cause fear, a sense of helplessness,

unhappiness, anxiety and low self-esteem. It can result in isolation, withdrawal and self harm can have a very serious impact on a young person's ability to learn.

## Is bullying a crime?

Some bullying can be a crime where it involves physical assault, extortion or theft. This kind of bullying can be reported to the police whether it takes place in or outside of school premises or online on social network sites etc. Not all incidents of physical assault, extortion or theft will be because of bullying.

## Working to prevent bullying

Rugby Free Secondary School tries to prevent bullying by:

- \* Promoting equality and nurturing a sense of identity and belonging for all;
- \* Encouraging achievement and having high expectations of all pupil;
- \* Celebrating success;
- \* Promoting and rewarding positive behaviour;
- \* Encouraging active participation of pupils in decision making;
- \* Working in partnership with parents / carers and the wider community

All reported incidents of alleged bullying will be taken seriously by school staff. Parents / carers and students who report bullying can expect to;

- \* Have their concerns taken seriously;
- \* Be told what steps will be taken to try to resolve and alleged incident;
- \* Have their young person treated with dignity even if he/she has been found to be bullying others;
- \* Be kept informed of progress when an incident is being reviewed;
- \* Be actively involved in partnership to resolve issues, as appropriate to the circumstances.