

If your child is being bullied:

They must...

- ⇒ Ask the person to STOP if they can,
- ⇒ Use eye contact to tell them to go away,
- ⇒ Ignore them,
- ⇒ Walk away,
- ⇒ TELL SOMEONE,
- ⇒ Don't think it will sort itself out,
- ⇒ Remember it is not their fault.
- ⇒ Talk to a safeguarding champion,

They must **not**...

- ⇒ Do what the bully says,
- ⇒ Get angry or look upset,
- ⇒ Hit or fight them back,
- ⇒ Think it's their fault,
- ⇒ Hide it,

BULLYING TEMPERATURE CHECK

GREEN

My child seems happy and content. They like to go to school and have good relationships with other children and staff. While they have the occasional situation where others say or do unkind things to them, or they have said or done unkind things to others, they have been able to resolve the situation (including saying sorry if they have hurt someone else).



AMBER

My child is sometimes sad and can be reluctant to go to school. While they mention one or two friends they seem to have regular fall outs with other children and have mentioned a number of situations where children have said or done unkind things to them, or they have said or done unkind things to other children. They seem unsure how to resolve these situations and I am not sure they are receiving enough help.



RED

My child is often sad or upset and does not like school or their usual activities. They do not seem to have friends and I am concerned that other children often say or do unkind things to them. They urgently need help to resolve the situation and to enjoy their school and social life.



At Cape Primary School, the headteacher, the governors and the staff work together to:

- Make our school a place where everyone can feel safe and happy. That means NO bullying is allowed.
- Help everyone to get on with each other and we believe everyone has the right to be who they are.
- We will not tolerate bullying and if bullying continues it may lead to suspension or exclusion.



Our school message to bullies is...

“NO, STOP, I don't like it”

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Cape Primary School Anti-bullying leaflet for parents.



Excellence Through Partnership
www.capeprimary.com



What is bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. **This is repeated frequently.**

There are different types of bullying:
Emotional—hurting people's feelings, leaving you out.

Physical—punching, kicking, hitting, spitting, pushing.

Verbal—being teased, name calling, hurtful words.

Cyber—saying or doing unkind things by text or online.

Silent—ignoring or excluding.

Racist—calling names or hurting someone because of the colour of someone's skin or faith.

Homophobic—saying unkind words or actions towards someone because of non-conventional family structures, improper use of words, supporting gender stereotypes.



When is it bullying?

The Anti-Bullying Alliance defines bullying as:
"the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

**Several
Times
On
Purpose**

What can your child do?

**Start
Telling
Other
People**



What to do if you think your child is being bullied:

It is a fact of life that your child will not get on with everybody they meet and sometimes they will fall out with friends, this is normal behaviour. You can do lots to help your child.

- ⇒ You can remind them that bullying is STOP—several times on purpose.
- ⇒ You can remind them to STOP—start telling other people, by talking to their teacher or trusted adult in school.
- ⇒ Talk to your child's teacher if you are worried.

What should I do if my child is 'the bully'?

Everyone is capable of bullying behaviour. If you think your child may be the bully then you can:

- ⇒ Talk to them about their behaviour and why they are choosing this behaviour.
- ⇒ Make school aware. Talk to your child's class teacher about how you can help your child.
- ⇒ It is important to not only support the victim but also the bully to help them change their behaviour.

Find out more here: <https://anti-bullyingalliance.org.uk/>