Useful Contacts

For Parents and Carers:

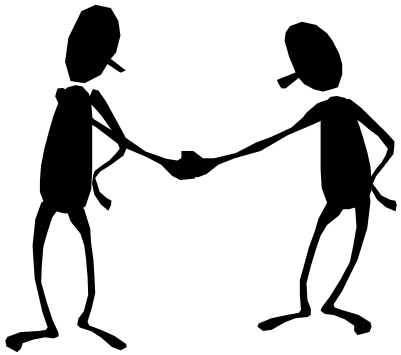
- Family Lives helpline
  Telephone: 0808 800 2222
  Website: http://www.familylives.org.uk/
- Kidscape — Parents' Helpline:
  Telephone: 08451 205 204
- Department for Education
  Website: http://www.education.gov.uk/
- All Saints School Office (to contact a member of staff):
  Telephone: 0208 401 0075

For Children:

- Childline: 0800 1111
- www.kidscape.org.uk
- www.beatbullying.org.uk
- www.need2know.co.uk
- bbc.co.uk/schools/bullying

ALL SAINTS CARSHALTON

Bullying



Don't Suffer in Silence!

Bullying is .....

- Repetitive, wilful or continual
- Intentionally harmful and can be carried out by an individual or a group
- Based on an imbalance of power which leaves the victim feeling defenceless.

Bullying is not .....

- The 'normal' difficulties that happen in children and young people's friendships, although if these are not resolved, they could lead to bullying behaviour

Examples of Bullying

Because children and young people may not want to tell, it is important to be alert to signs that they are being bullied. Distress and upset have all sorts of reasons and the following are indications that something is wrong and bullying **may** be the cause.

- Being quiet, withdrawn or anxious
- Serious falling out with previously good friends
- Being uncharacteristically moody, bad tempered or aggressive
- Doing less well at school
- Not sleeping well
- Unexplained headaches, stomach ache or other unusual symptoms
- Cuts, bruises or torn clothes
- Asking for a replacement of 'lost' items

What to do if you are being bullied

1. If at school, tell someone you trust: a teacher, teaching assistant, office staff or midday supervisor

2. If outside school, tell an adult you trust: your parents, grandparents or youth worker

3. If you feel you are unable to tell an adult, then tell a trusted friend

4. Keep a record of any texts or emails

5. Think about what you need to tell.....

- Exactly what happened?
- How often?
- Where does it happen?
- What would make things better for you?

What to do if your child is being bullied

1. Talk to your child, find out as much detail as you can and reassure them it is ok to tell

2. Contact and meet with key people in your child's school: their class teacher initially

3. Together with the school and your child, work out a plan to stop the bullying using the guidance in our Anti-bullying Policy (on the website)

4. Monitor the situation to ensure that the matter is being resolved/has been resolved and your child is able to move on from the incident.