

## BULLYING

### What is bullying?

'Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online' (Anti-Bullying Alliance). We use the acronym developed by Kidscape - **'S.T.O.P'** - to explain bullying to pupils, that it is 'Several Times On Purpose'.

### What may be some of the signs that a child is being bullied?

- A reluctance to go to school or a club.
- Unexplained tummy upsets or headaches .
- Showing signs of distress on a Sunday night or at the end of school holidays.
- Becoming either quiet or withdrawn, or playing up.
- Torn clothes and missing belongings.
- Seeming upset after using their phone, tablets, computers, etc .

### Types of bullying:

- Physical
- Verbal (e.g. name calling)
- Emotional (e.g. exclusion from play, talking about children behind their back)
- Indirect (e.g. spreading rumours)
- Online/cyberbullying e.g. gaming chat, social media or texting)



### What shall I do if I think my child is being bullied, has seen it, is involved or actually doing the bullying?

- Speak to your child, ask them about friendships, playtimes or after school activities, etc. Ask if they understand what bullying is or what it makes people feel like. Provide reassurance if they disclose anything to you.
- Be aware of their online activity – check that the appropriate controls in place to protect them from harm online or through phone chat. Keep a record of any bullying messages and block users.
- Share your concerns with their teacher or contact our ELSA, Mrs Watkins (wellbeing@emmanuel.camden.sch.uk).
- Talk to your child about what they feel they can do if it happens. Encourage them to speak to their teacher or use the Let's Talk drop-in at lunch times or the worry box.
- Contact the Kidscape parent line for further information: <https://www.kidscape.org.uk/advice/parent-advice-line/>.



**ANTI-BULLYING  
ALLIANCE**

**For further information visit the Anti-Bullying Alliance website** - <https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers>

Or read our Anti-Bullying Policy:

[emmanuel.camden.sch.uk/attachments/download.asp?file=405&type=pdf](https://emmanuel.camden.sch.uk/attachments/download.asp?file=405&type=pdf)