

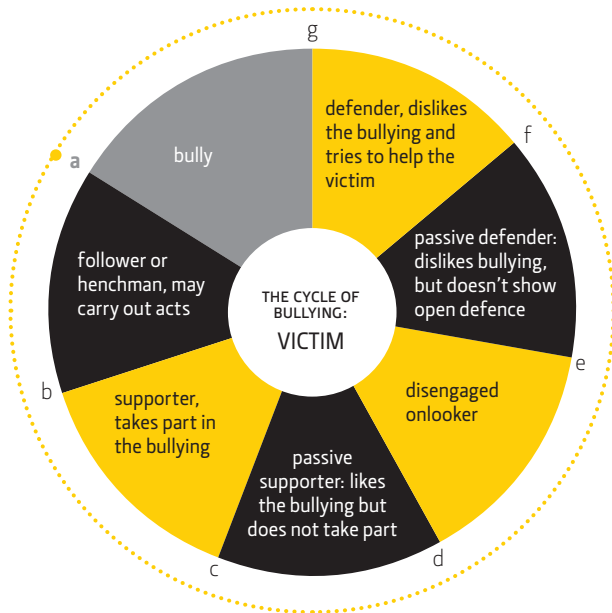
What is Bullying:

bul.ly.ing:

physical, verbal, or psychological attacks or intimidation against a person who cannot properly defend him/herself. It includes two key components: repeated harmful acts and imbalance of power.

THE FOLLOWING TYPES OF BEHAVIOUR ARE INCLUDED IN THE DEFINITION OF BULLYING:

- **Physical Aggression**, such as hitting pushing and shoving etc.
- **Verbal Aggression** such as name calling, slugging, teasing, taunting and threats.
- **Damage** to the property/clothes of another child/ children.
- **Isolation**, exclusion from groups/peers.
- **Gestures**: such as using body language or non verbal signs.
- **Cyberbullying**: abusive phone calls, texts, social media sites.
- **Intimidation**.
- **Malicious gossip** and other forms of relational bullying.
- **Extortion** of money, property or lunch from a child.
- **Identity based bullying**: Homophobic or racial bullying



Key Principles of Best Practice:



WE AIM TO PROVIDE A POSITIVE SCHOOL CULTURE AND CLIMATE THAT:

- IS WELCOMING OF DIFFERENCE AND DIVERSITY, AND IS BASED ON INCLUSIVITY.
- ENCOURAGES PUPILS TO DISCLOSE AND DISCUSS INCIDENTS OF BULLYING BEHAVIOUR IN A NON THREATENING ENVIRONMENT.
- PROMOTES RESPECTFUL RELATIONSHIPS ACROSS THE SCHOOL COMMUNITY.

Indications of Bullying Behaviour.

SIGNS AND SYMPTOMS OF A BULLIED CHILD:

- **Anxiety** about travelling to and from school - requesting parents to drop off and collect them, changing the route of travel, avoiding regular times for travelling to and from school.
- **Unwillingness to go to school**, refusal to attend, mitching.
- **Deterioration in educational performance**, loss of concentration, and loss of enthusiasm and interest in school.
- **Patterns of physical illness**. i.e. headaches, stomach aches.
- **Unexplained changes in either mood or behaviour**. It may be particularly noticeable before returning to school after weekends or more especially after long school holidays.
- **Visible signs of anxiety or distress** - stammering, withdrawing, nightmares, difficulty in sleeping, crying, not eating, vomiting or bed wetting.
- **Spontaneous out of character comments** about either students or teachers.
- **Possessions missing or damaged**.
- **Increased requests for money or stealing money**.
- **Unexplained** bruising, cuts or damaged clothing.
- **Reluctance** and or refusal to say what is troubling him/her.

What to do if Your Child is Being Bullied:

- **Listen** to the experience with your child to find out the precise details of what has happened.
- **Reassure** him/her that you and the school will help.
- **Discuss** with him/her what to do next, he/she may be able to suggest strategies for dealing with it.
- **Encourage** him/her to tell his/her teacher(s).
- **Contact** the school as soon as possible.
- **Follow up** to ensure that the matter is dealt with and resolved.

What to Tell Your Child if he or she is Being Bullied

- Tell the teacher immediately.
- Help the teacher to investigate it.
- Tell the bully to stop - teach your child the appropriate way to do this. e.g. "I want you to stop saying that to me. I don't like it and I will have to report you to the teacher if it happens again".
- Tell your parents when you get home.
- Tell a friend about what is happening.

What to Tell your Child to do if Someone they Know is Being Bullied:

- Tell the teacher(s) (privately if necessary).
- Tell your parents - they will contact the school.
- Talk to the person who is being bullied - you may be able to help him/her.
- Reject bullying behaviour among your friends - tell them that it is wrong to bully.
- Help the bullied person to get away from the situation.

What to do if your Child is Accused of Bullying:

- **Work closely with your child's teacher.** He/She is in a strong position to investigate the situation and to establish if bullying has/ has not taken place. Get as much information as possible from the child and class teacher.
- **IF BULLYING HAS BEEN CONFIRMED TRY NOT TO PANIC** or to be angry with the school or staff. Bullying behaviour is often a temporary response to a difficulty your child may be having and is not unusual. It is in the best interest of your child that you understand what is going on in order to support them.
- **Talk to your child**, name the concern and listen closely to what they have to say and how they behave.
- **Reassure your child** that you will support them in addressing the situation and that you want to help them to improve things. Let them see that you will work with the teacher to resolve the situation.
- **Help your child to understand** his or her behaviour and the impact it may have on others. Your child may be unhappy and struggling establishing friendships and may welcome a clear route out of a difficult situation.
- **Encourage your child to help in finding a solution.** Focus on establishing empathy for the child who has been bullied. This will be more effective than an over-reliance on consequences.
- **Help your child to learn more about bullying** and discuss the matter openly and calmly. You may feel upset or angry with the parents of the other child but this will not help your child to move on.
- **Notice your child making improvements and name them.** Reinforce positive behaviour and continue to review the situation with the class teacher.

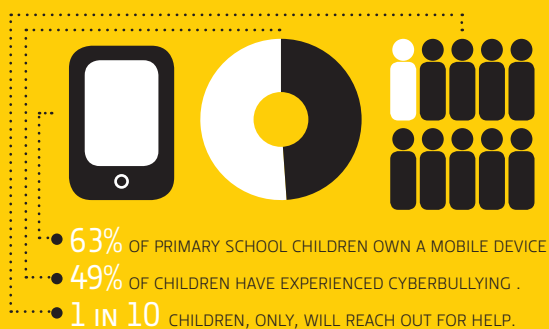
IF YOU ARE HAVING DIFFICULTY, THE CLASS TEACHER OR PRINCIPAL CAN HELP YOU TO LOCATE FURTHER SUPPORT.



Cyber-Bullying

WHAT YOU CAN DO TO PREVENT IT:

- **Talk openly** with your child about what is available to them online.
- **Be clear** about what they can use and why restrictions may be imposed. i.e. potential harm
- **Activate safety features** on laptops, phones, tablets, computers and other devices where children may have access to the internet.
- **Be aware** of new or current types of social media sites and how they work, e.g. snapchat, Facebook, Instagram etc
- **Monitor** your child's use of these sites.
- **Make family rules** regarding the use of devices. e.g. when/where for how long.
- **Educate** yourself on the topic of cyber-bullying and internet safety.



Helpful Websites

antibullyingireland.com stopbullying.gov/kids/
sticksandstones.ie vodafone.com/contents/parents.html
letsstopbullying.co.uk microsoft.com/safety

Visit brayschoolproject.ie to view our complete policy, and the children's anti-bullying workbook.

This summary of the anti-bullying policy complies with the requirements of the anti-bullying procedures for primary & post-primary schools which were published in 2013.

BRAY SCHOOL PROJECT N.S ANTI-BULLYING POLICY

a guide for parents



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