



Advice and guidance for parents

If your child has been bullied:

- Calmly talk to your child about his/her experiences
- Consider if what your child is describing is bullying - whilst supporting your child be objective
- Make a note of what your child says - including how often the bullying has occurred, where it happened, who is involved. Keep a record of any future incidents
- Inform the school-via your child's form tutor, Head of Year or member of the Senior Leadership Team
- Reassure your child that you will be working with the staff at the school to ensure that the bullying stops without making the situation worse for them
- It is important that you advise your child not to fight back. It can make matters worse
- Tell your child that there is nothing wrong with him or her. It is not his or her fault that they are being bullied
- Make sure your child is fully aware of the school policy concerning bullying, so that they will not be afraid to ask for help



Dealing with incidents

If bullying is suspected we talk to all those involved, including any witnesses. If any degree of bullying is identified, the following action may be taken:

- Help, support and counselling will be given as is appropriate to both the student who has been bullied and the perpetrators
- We support the **student who has been bullied** in the following ways:
 - by offering them an immediate opportunity to talk about the experience with their form tutor, or another teacher if they choose
 - informing the victim's parents/carers
 - by offering continuing support when they feel they need it
- We also discipline, yet try to help, the **perpetrators** in the following ways:
 - by talking about what happened, to discover why they became involved
 - informing the perpetrators' parents/carers
 - by continuing to work with the perpetrators in order to get rid of prejudiced attitudes as far as possible

Anti-Bullying

Information for parents, carers and students



T: 020 8239 2383
E: office@overtongrange.sutton.sch.uk
www.overtongrange.sutton.sch.uk

Community | Inspiration | Success



Introduction

At Overton Grange School we believe that all students have the right to learn in a supportive, caring and safe environment without the fear of being bullied.

All institutions, both large and small, contain some students with the potential for bullying behaviour. Obviously, prevention of bullying is the school's aim. However, it is important for staff, students, parents and carers to have strategies for dealing with bullying when it does occur.

This leaflet sets out some of the ways that parents, carers and students can help the school to identify, prevent and deal with bullying.

Further information

Kidscape

www.kidscape.org.uk

Childline

www.childline.org.uk
0800 1111

Anti-bullying Alliance

www.antibullyingalliance.org.uk

Family Lives

www.familylives.org.uk
0808 800 2222

What is bullying?

Bullying can be defined as **deliberately hurtful** behaviour, **repeated** over a period of time, where it is **difficult for those being bullied to defend themselves**.

It is important to make the distinction between bullying and friends falling out with each other. Falling out is an inevitable part of a student's life that they need to learn to cope with. Bullying is neither inevitable nor acceptable.

Bullying can occur through several types of anti-social behaviour. It may be directed towards an individual's special educational need, sexual orientation, sex, race, religion and belief, gender reassignment or disability, etc.

It can be:

- **Physical** - a student can be physically punched, kicked, hit, spat at etc.
- **Verbal** - verbal abuse can take the form of name calling
- **Cyber bullying** - a student can be bullied by others, sending abusive text messages or emails or by abusive comments being made via social media
- **Damage to property or theft** - students may have their property damaged or stolen. Physical threats may be used by the bully in order that the student hand over property to them

Worried about bullying? Information about bullying can be passed on anonymously using the SHARP system link on the school website.

Advice and guidance for students

Are you being bullied?

- Tell an adult what is happening straight away
- Stay calm
- Tell them to stop
- Get away from the situation as quickly as you can
- Take control - ignore them and don't let them see you react
- Remember that your silence is the bully's greatest weapon!

When talking to an adult:

- Clearly explain what has happened to you
- Explain how often it has happened, who is involved and where it happens
- Teachers and other adults in school will take you seriously and will deal with bullies in a way which will end the bullying and will not make things worse for you

Do you know someone who is being bullied?

- **Take action!** Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own
- If you feel you cannot get involved, tell an adult **immediately**. Teachers have ways of dealing with the bully without getting you into trouble. Do not be, or pretend to be, friends with the bully

