

## What we will do:

- Offer the children the opportunity to talk about the experience with their teacher or another adult if they choose.
- Inform parents/ carers.
- Offer continuing support if the children need it.
- Continue to work with all pupils to ensure bullying is dealt with...

For full details of how we deal with bullying please see our Anti-Bullying Policy on the school website.

## What children should do:

Each child has been given a copy of their own Anti-Bullying leaflet; which clearly sets out what bullying is and what they should do if they feel they are being bullied.

**Always the most important rule is:**

**TELL AN ADULT STRAIGHT AWAY!**

## Useful websites:

**The UK Anti-Bullying Charity**  
[www.bullying.co.uk](http://www.bullying.co.uk)

**Anti-bullying Alliance**  
[www.antibullyingalliance.org](http://www.antibullyingalliance.org)

**Kidscape**  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Childline 0800 1111**  
[www.childline.org.uk](http://www.childline.org.uk)

**Valence Primary School**  
[www.valenceprimaryschool.com](http://www.valenceprimaryschool.com)

## Valence Primary School

### Bonham site:

Bonham Road  
Dagenham  
Essex  
RM8 3AR

### St Georges site:

St Georges Road  
Dagenham  
Essex  
RM9 5AJ



## ANTI-BULLYING Information for Parents and Carers

**Our School is a safe place to learn.**



## Valence Primary School

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

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

### What Is Bullying?

It is important to make the distinction between bullying and friends falling out with each other. Falling out is an inevitable part of a child's life that they need to learn to cope with.

**Bullying is a persistent, repeated and deliberate attempt to hurt or humiliate someone.**

### Bullying is neither inevitable nor acceptable.

Bullying can occur through several types of anti-social behaviour:

**Physical** – involving punching, kicking, hitting etc.

**Verbal** – taking the form of name calling. It may be directed towards gender, ethnic origin, and physical/social disability.

### Cyber bullying

Sending abusive text messages or e-mails or by abusive comments being made within chat rooms, such as MSN.

### Damage to property or theft

Property may be damaged or stolen. Physical threats may be used by the bully in order that the pupils hand over property to them.

### Advice for Parents

#### If your child thinks he/she has been bullied:

- Make sure your child is not afraid to ask for help.
- Calmly talk to your child about his/her experiences.
- Make a note of what your child says.
- Reassure your child that you will be working with the staff at the school.
- Inform the school - via your child's teacher.
- Advise your child **not to fight back** as it can often make matters worse.

### Is your child bullying others?

Children sometimes bully others because they do not know that it is wrong, or they are copying an older sister, brother or even adult behaviour.

They may be going through difficult times themselves or are scared and have low self-esteem.

At Valence Primary School we discourage all types of bullying behaviour. We praise, encourage and reward positive behaviour.

### Dealing with Bullying

It can take time to help those who think they are being bullied and those who are using bullying behaviour, but we will always do our best to ensure that no child comes to school in fear of being bullied.

We have an established anti-bullying policy and respond appropriately to all instances of bullying to ensure that they are dealt with.

If bullying is suspected we talk to all the children concerned. Help and support will be given as is appropriate to both parties.