

PARENT / CARERS' ANTI-BULLYING WORKSHOP

THURSDAY 18TH NOVEMBER 2021

AIMS OF THE SESSION

- *To discuss what bullying is*
- *Looking at the school's anti-bullying policy and what this looks like in practice*
- *Thinking about how we can work together to support our children*
- *Resources and further support for children's wellbeing*

DEFINITION OF BULLYING

Bullying is the purposeful choosing of behaviours that threaten, intimidate or hurt someone, which is often, but always, repeated over time, which involves a real or perceived power imbalance.

Taken from Downsell's Anti-Bullying Policy

BULLYING CAN BE...



Physical – hitting, kicking, pushing etc



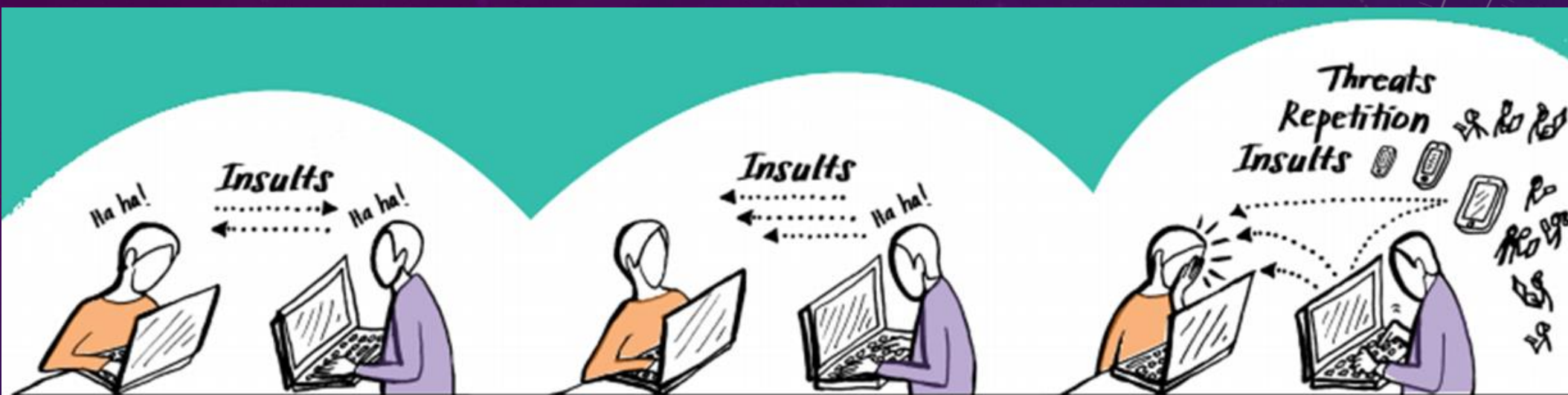
Verbal – name calling, teasing, threatening etc

Emotional – looks, leaving others out



HOW DOES BULLYING DIFFER FROM BEING RUDE, MEAN OR BANTER?

- There is a deliberate intention to hurt or humiliate someone
- It is usually persistent



Joking around

Taking it too far

This feels horrible

Banter or Bullying?

FRIENDSHIPS

Friends do fall out with each other. We need to support them to:

- Manage any falling outs

- Resolve any conflict

- Build their confidence to make new friends

- Ensure the situation does not lead to bullying

FALSE FRIENDSHIPS

Sometimes bullying is not as straight forward and open as someone being horrible to someone else.

There can be 'false friendships', where someone pretends to be someone's friend but uses their power to bully them secretly. Unfortunately, this is often more common for children with SEND.

As parents / carers you can:

- Talk to your child about their day
- Ask them about friendships
- Encourage them to see friends outside of school for activities that you can be a part of and get to know the parents / carers of your child's friends

SCENARIOS:

IS IT SOMEONE BEING MEAN, OR RUDE OR BULLYING?

Someone knocked into Lindi on the playground and didn't say sorry. Is that person rude, mean or a bully?



Amelia is upset because her friends have been ignoring her for three days in a row. They have been whispering behind her back. Are they rude, mean or a bullies?



SCENARIOS:

IS IT SOMEONE BEING MEAN, OR RUDE OR BULLYING?

Amera called Thabiso stupid because he didn't do well on a spelling test. Is she rude, mean or a bully?



Whenever Noah plays with a ball on the playground an older boy always takes it away from him and pushes him down. Is that boy rude, mean or a bully?



POSSIBLE SIGNS OF BULLYING

Being frightened to walk to and from school, changing their usual route

Not wanting to go on the bus, begging for a lift to school

Refusing to go to school, feeling ill in the mornings, truanting

Beginning to do poorly at school work

Coming home regularly with clothes or books destroyed, possessions going missing

Asking for money or stealing money, losing their pocket money

Becoming withdrawn, lacking confidence, distressed and anxious and refusing to say why

Poor sleeping, nightmares

Unexplained bruises, scratches etc

Beginning to bully other siblings or be aggressive and unreasonable

Giving improbable excuses to explain any of the above

HOW PARENTS CAN HELP

- Ask questions
- Listen
- Reassure
- Discuss a plan together
- Stay calm
- Talk to school (if it involves children from school)

ASK

Ask open questions such as:

- What did you do at school today?
- Who did you play with? Who did you sit with at lunch?
- Is there anyone that makes you feel sad / uncomfortable / left out...? Why?
- What are you looking forward to at school tomorrow?

OTHER STRATEGIES

- Your child could draw pictures about their day
- Use toys or puppets through role play
- Use scales to rate how they are feeling
- Use pictures of faces to show their feelings
- Ask an older sibling to talk to them
- Use books
- Diary that you can share

THE BULLY

Bullies pick on others as a way of making life better for themselves. They often use bullying as away of achieving popularity and friends, however

- Unchecked bullying can damage the bully who learns that he or she can get away with violence, aggression and threats.
- Studies have found that adults who were bullies as children have a higher chance of acquiring a criminal record, tend to be aggressive, and have problems in maintaining relationships

WHY IS MY CHILD BULLYING OTHER CHILDREN?

Children sometimes bully others because

- They want to be 'in with the cool kids'
- It feels like fun-they don't realise how much it hurts
- They dislike or are jealous of someone
- They feel powerful and respected
- It gets them what they want
- They are bullied or have been bullied themselves and are taking it out on someone else
- They have problems in their life that are making them feel bad

WHAT TO DO IF YOUR CHILD IS THE BULLY

- Stay calm and don't get angry, your child might be going through a difficult time causing them to act out aggressive feelings
- Talk to them about why they bully and what they think they might do to stop.
- Reassure them that it is the behaviour you don't like not them
- Work out away for your child to make amends for the bullying
- Work with the school or other setting to support you in helping to change your child's behaviour and keep in touch with progress
- Give lots of positive feedback for good behaviour and opportunities to shine



DOWNSELL'S RESPONSE TO BULLYING

Anti-bullying Policy

We continue to strive to ensure that everyone is treated with respect and dignity.

We aim to create a culture of inclusion and diversity.

We offer broad and balanced curriculum in which difference are celebrated and understood and the many similarities we all have are acknowledged and appreciated.

DOWNSELL'S RESPONSE TO BULLYING

Anti-bullying Policy

Our actions:

- Ensure our children are supported and protected from bullying or becoming a bully.
- Working with staff and outside agencies to identify all forms of prejudice driven bullying
- Actively provide opportunities for children to develop their social and emotional skills, including resilience.
- Address bullying through the curriculum e.g. PSHE, Anti-bullying week
- CPD for staff on how to identify bullying
- Creating 'safe spaces' for vulnerable children
- Involve students in anti-bullying activities
- Ensure children are aware of how to express of their worries and are aware of the sanctions
- Work with parents / carers to support their child
- Ensure incidents involving bullying are swiftly reported and acted upon

RESOURCES TO SUPPORT CHILDREN'S WELLBEING

- Anti-bullying alliance
- Safe Spot: iPhone and Android app that promotes positive mental wellbeing in children and adults
- Anna Freud
- NSPCC
- Young Minds