

## Advice for parents and carers:

What to do if your child tells you they are being bullied:

- Reassure your child that they have done the right thing in telling you.
- Talk calmly with your child and listen to what they say.
- Explain to your child that you must report all and any further incidents.
- Make an appointment to see your child's class teacher immediately.
- Teach your child about online safety.

**STOP**  
  
**BULLYING**

## Our school website:

[www.reddalhillprimary.com](http://www.reddalhillprimary.com)

Here you can find all our policies including anti-bullying and behaviour policies, and advice such as staying safe online. Below are other useful links to other anti-bullying resources:

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

[www.bullying.co.uk](http://www.bullying.co.uk)

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

[www.antibullyingalliance.org](http://www.antibullyingalliance.org)

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

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

[NSPCC](http://www.nspcc.org.uk)

<https://www.nspcc.org.uk>

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

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

# Reddal Hill Primary School



## Anti -Bullying

Information for parents /  
carers and children

At Reddal Hill Primary School, the Headteacher, the Governors and Staff believe that children have the right to learn in a supportive, caring and safe environment without the fear of being bullied.

This short leaflet describes some of the ways parents and carers can help the school to identify, prevent and deal with bullying.

### What is Bullying?

It is important that we make the distinction between bullying, and friends falling out with each other.

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

Bullying can occur through several types of behaviour:



**Physical** involving hitting, punching, kicking or stealing.

**Verbal** name calling and making unpleasant comments.

**Emotional or psychological** leaving someone out or spreading rumors.

**Cyber bullying** sending abusive texts or e-mails or by abusive comments being made on social media including sites such as Facebook or Instagram.

### Advice for Children:

**Who can you tell if you see or know someone that is being bullied**

- Adults in school
- Parents or someone who looks after you
- A family member
- A trustworthy friend
- Tootoot

