

What you can do?

Talk to your child about bullying and what they have learned about bullying in school.

Model non-bullying behaviour and show respect and empathy for others.

Teach your child how to use a DS, a mobile phone and the internet safely and remember to monitor their use.

If your child is being bullied...

Praise your child for telling.

Talk about feelings and work on restoring your child's confidence.

Help your child to think about what they would like to happen.

Try to be calm, being careful of how you talk about the child who has bullied your child (reconciliation is the best solution).

Tell your child that you will ask their teacher or Mrs McNally or Mr. Conlon for their help.

Inform the school of your concerns.

Teach your child strategies to stay safe.

If your child is displaying bullying behaviour...

Talk to your child about bullying and what they have learned about bullying in school.

Try not to call them a 'bully' - a label can stick. Stay calm and remind them that you love them - it is the behaviour that you do not like.

Talk to them about how the other person feels - they may not realize how much they are hurting, frightening or upsetting the other person.

Co-operate with the school to work out an action plan involving sanctions and consequences.

Designated Teacher for Child Protection

Mrs L. McNally (*Vice-Principal*)
Deputy Designated Teacher for Child Protection

Mr. M Conlon (Principal)
Telephone No: **02827662664**

www.stbrigidspsballymoney.com

ChildLine
0800 1111
www.childline.org.uk



Anti-Bullying Guide for Parents



What is Bullying?

Bullying is the repeated use of power by one or more persons intentionally to harm, hurt or adversely affect the rights and needs of others .

(The Northern Ireland Anti-Bullying Forum, 2008)

Physical Emotional Verbal Indirect Cyber

Bullying is not...

- A one-off fight or argument
- A friend sometimes being nasty
- An argument with a friend

Pupil Definitions of bullying

Bullying is when we get hurt a lot of times. *Foundation Stage Pupils*

Bullying is hurting someone on the outside (hitting, kicking or punching) and hurting someone in the inside (calling names, leaving children out of games or taking things from them). It happens over and over again.

KS1 Pupils

Bullying is continually making people feel scared or worried by hurting them physically or emotionally. It can happen in school, outside school, on a mobile or on-line.

KS12 Pupils

This is what we do about bullying in St. Brigid's.

Our School Ethos aims to promote a safeguarding environment through:

Class Agreement & Consequences

Curriculum: Personal Development & Mutual Understanding is integrated into RE, Literacy, The Arts & The World Around Us.

Structured Circle Time Programme in which pupils learn what to do if they are being bullied.

Anti-Bullying Policy

Staff Pastoral Care Meetings

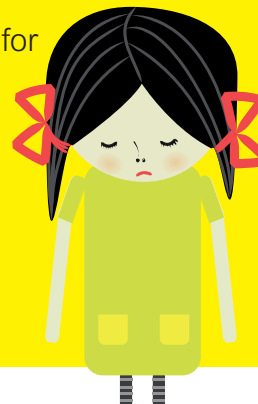
Staff Training

Anti-Bullying Week

Celebration of Positive Behaviour - Pupil of the Month, Pupil of the Month, Golden Child, Home/School Diaries, Star Charts & Praise.

Keeping Safe Presentations for three different Key Stages.

Pupil Council consulted on Anti-Bullying & improvements to whole school.



We avoid using labels such as 'victim' and 'bully'.

Support is provided to the pupil who has been bullied.

Sanctions and consequences are applied to the pupil who has displayed bullying behaviour. Support is also given to help this child not repeat negative behaviour.

Communicate with parents/carers

Corridor Displays

Assemblies

Safe Box where pupils can confidentially lodge their worries and concerns.

PSNI Presentations

Buddy Stop & Friendship Bench in the playground

Parent Leaflet

School Website

