



3-16

Ebbw Fawr Learning Community

Anti-Bullying Week 14 - 18 November 2016

Bullying is alarming and distressing to us all.

However, we are far from complacent and have produced this booklet, which is intended to help parents/carers who may have concerns about their children and need to know...

“ARE THEY BEING BULLIED?”

It is important to share with you how this school has been addressing the problem. Bullying is an issue covered within the school curriculum. This includes assemblies, tutor activities and PSE lessons. Students are trained as Anti Bullying Ambassadors to help support and give advice to students who are being bullied.



DEALING WITH BULLYING

‘We take the issue of bullying very seriously.’

Students who bully others will be punished. In some cases they may need support themselves to assist them in changing their behaviour.

Bullying can take various forms, such as:

- Rude and unpleasant name calling
- Threatening and aggressive behaviour
- Hitting, kicking, punching, pushing
- Damaging belongings
- Repeated teasing

Eventually the victim finds it difficult to cope and may use a number of strategies in order to avoid being bullied, and even try to stay away from school.

HOW CAN PARENTS TELL IF THEIR CHILD IS BEING BULLIED?

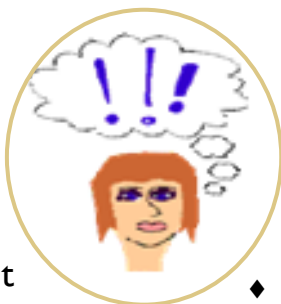
POSSIBLE WARNING SIGNS

Bullying is sometimes called 'the silent nightmare' because many children (and quite a few adults) are too ashamed to admit that they are being bullied. On top of this, bullying is a secretive activity - bullies do not take the risk of being spotted by anyone capable of stopping them.

There are signs of distress, however, that almost shout "I'm being bullied".

- ◆ Not wanting to go to school
- ◆ Avoiding particular lessons or days
- ◆ Taking long or different routes to and from school
- ◆ Being late for school, hanging back or returning late from school
- ◆ Avoiding friends and other children
- ◆ Torn and damaged clothing and belongings
- ◆ 'Mislaid' books, equipment and belongings
- ◆ Asking for extra money or sweets without giving reasons
- ◆ Making excuses for not going out to play or meeting other children
- ◆ Having 'mystery illnesses' - non-specific pains, tummy upsets,

headaches.



◆ Personality changes - irritable, withdrawn, tired, poor sleeping, weepiness, crying outbursts, loss of appetite, forgetfulness, distractibility.

◆ Having unexplained cuts and bruises

◆ Temper outbursts

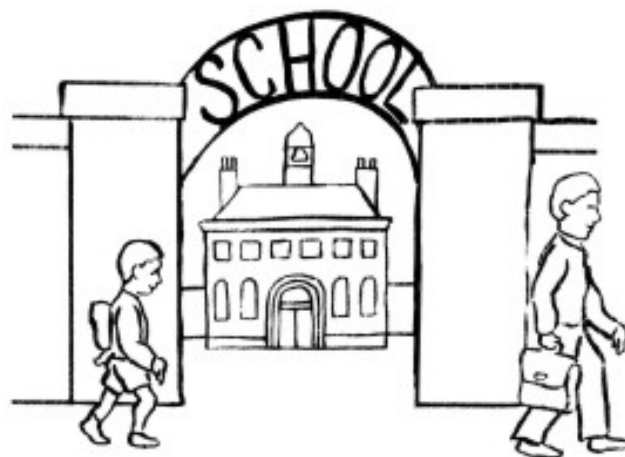
◆ Impulsive hitting out

◆ Nightmares

◆ Lack of confidence

◆ Under - achievement

◆ Not wanting to answer the door or the phone



WHAT CAN PARENTS DO ABOUT BULLYING?



◆ Discuss it with the child - do not ask straight out, 'Is someone bullying you?' The embarrassment sometimes associated with bullying is linked to the feeling that the child cannot 'stick up for themselves'. Instead ask "Is anyone in your school being nasty to other children?"

have to provide direct help, do it tactfully. So e.g. if you decide to collect your child from school, don't linger outside the school gates; try to wait around the corner instead.



◆ Listen carefully to the answers and try to get the name or the names of children who bully other children.

◆ Sympathise, listen carefully and try to find out the facts calmly.

◆ If the bullying has been going on for a long time or is very unpleasant, contact the school. You will be put in touch with your child's Leader of Learning or a member of the Senior Management Team.

◆ Sometimes it might just be a falling out between friends that will remedy itself without intervention. If the bullying is happening in school, or on the way to or from school, then we shall work out a plan for dealing with it together.

◆ Start to keep a record of the incidents of bullying, listen who, when, where and how. This is a painful thing to do but provides good 'ammunition' if the bullying does not stop.

◆ Encourage your child to tell a teacher they trust and return if the bullying continues.

◆ It is better if children can overcome the problems for themselves - that is, without your direct and obvious help. If you do

◆ Don't advocate a 'Hit them Back' policy. This may be alien to your child's temperament and may involve more shame or a great deal of pain if the bully is bigger and stronger.



◆ On the other hand, if your child decides to fight back and subsequently gets into trouble for fighting, use the records you have been keeping to support and explain your child's behaviour.

◆ If the bullying is violent and occurs outside of school, let the bully's parents know what is happening, as well as school. If the situation does not improve, be prepared to contact the police and/or a solicitor and ask for a letter to be sent to the bully's parents, informing them of the legal consequences.

◆ Unfortunately many bullies may have aggressive or insensitive parents. These parents are not usually supportive of their child's victims or are unhelpful to the parents of the victims. Some of them encourage their children, particularly their sons, to be tough 'macho' characters. They even gain some satisfaction from the complaints they receive. They should learn that this is unacceptable, so please do not dismiss the idea of taking legal advice.

HOW CAN CHILDREN HELP THEMSELVES TO AVOID BULLYING?

If your child is being bullied or you are aware that bullying does go on, it is helpful to teach some basic ways of responding. It is best to warn and advise children how to cope well in advance.

This teaching should start with the strong message that bullying is very wrong and that the child should never feel ashamed to tell you if they are being bullied.

The best idea is not to be alone in places where bullying goes on. So, encourage your child to stay with friends and make sure that they all support each other.



OUR SAFE SPACE



Our Anti-Bullying Ambassadors are available at the Safe Space during the break and lunch hour to deal with minor cases of bullying. Everything said to the ambassadors is in confidence, but they know that serious incidents must be referred on to a member of staff.

Some cases are passed on to the ambassadors by staff. The ambassadors can then support and befriend the victim and hopefully reduce the bullying by their involvement.

THIS IS THE ADVICE WE FEEL YOU SHOULD GIVE YOUR CHILDREN:-

- ◆ Always tell an adult or teacher you trust or your classmates if you are bullied.



- ◆ Stay with your friends and all of you say “NO” to the bully. Remember there is safety when you are in a group with other people; bullies are cowards who do not like to be watched.

- ◆ Avoid going into places where you think that bullying may happen; Certainly do not go into these areas alone.

- ◆ Practice saying “NO” to the bully. Speak slowly, clearly and firmly. In some lessons you will learn how to do this.



- ◆ Try not to lose your temper; stay calm. Crying and running away often gives free entertainment. Look the bully in the eye, stand up straight, try to look confident and walk quietly away.

- ◆ Leave expensive things at home and do not boast about money or possessions. If you are asked for things try and make an excuse. If things are forced from you or you feel you cannot refuse, do not fight to get them back. Tell an adult the truth and ask for help as soon as you can.



- ◆ If you are being bullied by being called a name ignore them. The best that a bully can hope for is to see you get upset. Ignoring the name calling can be very difficult but try hard and remember, if you cannot cope, ask for help.

- ◆ ASK YOURSELF WHETHER **YOUR** BEHAVIOUR UPSETS OTHERS E.G. DO **YOU** CALL PEOPLE NAMES?

MEET OUR ANTI BULLYING AMBASSADORS:



Chloe Dobbs-Butt
11CAJ



Zoe Powell
11CAJ



Georgia Woodcock
11CAJ



Lewis Williams
11CL



Ben Pinch
11CL



Tanni Jones-Probert
11CL



Charlotte Farr
11CL



Danielle Gagen
11CL



Carly-Ann Adshead
11CL



Freya Rappell
11CL



Bethany Palmer
11CL



Olivia Wyburn
11CW



Jack Annett
11CW



Mason Bartlett
11CW



Georgia Lynch
11CW



Georgia Palfrey
11DHa



Rosie Wilshire
11DHa



Leah Orr
11DHa



Tia Cross
11DHa



Courtney Edwards
11DHa



Ffion Collins
11DHa



Cariad Bridgeman
11DHi



Samuel Phillips
11DHi



Alysha Morris
11KD



Lori Beese
11KD



Aimee Orr
11MT



Lowri Jenkins
11MT



Bethan Daniel
11MT



Cloe George
11MT



Abby Smith-Brown
11NO



Jonathan Miller
11NO



Katy Morgan
11PT



Caitlin Biston
11PT

WHAT DOES THE SCHOOL DO ABOUT BULLYING?

The school takes all reports of bullying very seriously. We investigate all incidents of bullying, no matter what form they take, and we take appropriate action to respond discreetly and sensitively to both the needs of the victim and of the bully(ies). We believe that all students should be able to feel comfortable and safe within their learning environment.

Our response may include:

- ◆ Regular monitoring and support, by all staff but particularly your son/daughters Form Tutor and Leader of Learning;
- ◆ Involvement of the school's Anti-Bullying Ambassadors;
- ◆ Regular review meetings to discuss concerns with parents;
- ◆ Disciplinary action against the bully(ies) which may take several forms.
- ◆ In serious cases, repeated bullying may lead to an exclusion from school;
- ◆ The involvement of other external agencies such as the Educational Psychology Service, Social Services and health professionals.

PSE AND BULLYING

During PSE (Personal and Social Education) lessons, students in Years 7, 8 and 9 watch videos, have discussions and are given guidance on the problem of bullying.

Students are occasionally asked to complete a questionnaire to ascertain the extent of bullying. There is also the opportunity to train as Anti-Bullying Ambassadors.

The training sessions, developed by Communities First, teach students interview techniques, using good listening skills.

WHAT TO DO IF YOU ARE BEING BULLIED?

Are you unhappy with the way someone is treating you? Do you feel unsafe or threatened by someone? Ebbw Fawr Learning Community is committed to ensuring everyone feels safe and happy in school, there are many ways to report any concerns you might have .

WHO CAN I SPEAK TO?

There are many ways to report bullying in school and lots of people available to help. **Bullying will not be ignored.**

Speak directly to a teacher/member of staff



Use the confidential confide button found on all school P.C,s and laptops



Speak to an Anti-bullying Ambassador (there will be one available every break time in the SAFESPACE)

Anti-Bullying Ambassadors are easily recognisable by their blue hoodies.



PTFA

Ebbw Fawr Learning Community would like to give a huge thumbs up to the NUT and PTFA for supporting our initiatives and supplying us with the amazing blue and yellow Anti Bullying Ambassador hoodies. They are proving extremely popular and really helping raise the profile of anti bullying within the school and wider community. Diolch yn fawr!!