



## Moat Farm Junior School

Anti- bullying- a guide for  
parents/ carers



At Moat Farm, our Moat Farm values underpin our school ethos; we firmly believe that all members of our school community should be committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable in or outside school.

## What is bullying?

We explain to students that bullying is behaviour by an individual or group, **repeated** over time, that **intentionally** hurts another individual or group either physically or emotionally'

Bullying can be:

- emotional - being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
- physical - pushing, kicking, hitting, punching or any use of violence
- racist - racial taunts, graffiti, gestures
- sexual - unwanted physical contact or sexually abusive comments
- homophobic - because of, or focusing on the issue of sexuality
- verbal - name-calling, sarcasm, spreading rumours, teasing
- cyber - all areas of the internet, such as e-mail & internet chat room misuse. Mobile devices e.g. threats by text messaging & calls including gaming e.g. Xbox. Misuse of associated technology, e.g. camera & video facilities.
- Cyberbullying is any bullying behaviour that takes place 'virtually' via mobile devices like phones and tablets, through online social networks such as Facebook, Twitter and Instagram, and is also common on gaming sites. Cyberbullying can happen in or outside school – whenever and wherever children have access to phones or the internet. Examples of this kind of behaviour include inappropriate text messaging, e-mailing or blogging, sending offensive or degrading images by phone or via the internet, excluding individuals from group chat and creating false personas to mock or humiliate others. We recommend that you closely monitor exactly what your children have been accessing online and that you tell them to report anything that concerns them.



### Where else can I get help and support?

**Childline**

0800 1111

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

**Parentline Plus**

0808 800 2222

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

**NSPCC helpline**

0808 800 5000

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

**Kidscape**

08451 205 204

Monday–Friday, 10am–4pm

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

For guidance on cyberbullying;

<https://www.thinkuknow.co.uk>

<http://www.childnet.com/>

### What is NOT bullying?

**One-off incidents:** Bullying is persistent and repetitive, and generally fits a pattern of behaviour. It is NOT a falling out with a friend or a one off incident with another child in the school. This would be an incident that would be dealt with through the schools behaviour policy and sanctions.

**Mutual conflict:** A disagreement, argument or fight in which both parties have equally participated and where there is no imbalance of power.

### Spotting the signs of bullying

You may be unsure if your child is being bullied. If you suspect this may be happening look out for the following signs. For example your child could:

-show signs of stress – being moody, silent or crying, or bullying a younger sibling or friend

-make excuses to miss school, such as stomach complaints or headaches

-seem upset after using the internet or mobile, or change their behaviour – for example, no longer wanting to look at new text messages immediately and being secretive and unwilling to talk about their online activities and phone use

-be withdrawn in their behaviour

- have more bruises or scrapes than usual

-change their eating habits

- have torn clothes, school things that are broken or missing, or have "lost" money

-sleep badly/bed wetting the bed.

This leaflet provides an overview of the school's anti-bullying policy



For further information, please refer to the school's anti-bullying policy (available on the school's website)



### What to do next?

If you suspect an incident of bullying is taking place please follow these steps:

- Inform the school of any suspected bullying even if it's not your child.
- Encourage the child to report bullying to a member of staff.
- Inform the child not to retaliate through violence in any situation.
- If the child has been accused of bullying, work in partnership with the school and listen to the evidence.



### Moat Farm's response to bullying

When parents/ carers raise a concern about a potential bullying issue, it is important that they be assured that action will be taken. Our response will be as follows:

- A senior member of staff will contact the parent making the report about your concern within one school day.
- The senior member of staff will talk to all parties concerned to establish what has happened and if the incident is considered bullying.
- If deemed to be bullying, the senior member of staff will talk to the parents of the victim and the parents of the bully (This would usually be done separately) within 5 working days.
- Please be aware that we cannot discuss any other child except your own.

The headteacher will decide upon the consequence if bullying is indeed deemed to have taken place.

***A record of any potential bullying incidents is kept in the SLT office.***