

Information on Bullying for Disabled People's Diversity Forum

5th June 2008
Derby Dance

Joanne Moore
Healthy Schools Project Worker –
Emotional Health and Wellbeing

- What is bullying?
- Forms of bullying.
- Reasons why people are bullied.
- What is happening in Derby City schools to support anti-bullying?
- Questions

Anti-bullying
policy and
guidance



Training

Bullying
data



Sentinel

DCSF guidance
– Safe to Learn

Leaflets

Anti-bullying

Friends
Against
Bullying

Working
party

Together
Against Bullying
Award

Theatre in
education

Strategic
group

Anti-bullying
Week



Bullying is when people deliberately hurt, intimidate or harass you - usually over a period of time

Types of bullying...

- Verbal - name calling, teasing, swearing, spreading rumours
- Physical - hitting, pushing, pinching, kicking
- Emotional - Ignoring or leaving you out, taking or damaging your possessions, making you do things you don't want to, forcing you to hand over money
- Cyber - nasty or threatening texts and emails
- Homophobic - based on your sexuality
- Racist - based on your religion or racial or ethnic origin
- Disability - based on a disability
- Sexual - touching you when you don't want it.

Why do people bully?

There are a lot of reasons, for example:

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too
- Some people bully to feel powerful.

Don't let them target you!

We can give you this information in any other way, style or language that will help you access it. Please contact us on 01332 716924 Minicom 01332 716709 or Fax 01332 716920

Lets beat Bullying...

Put a stop to bullying



Anti-bullying policy...

- Your school will have a policy which gives lots of information about how the school tries to keep you safe from bullying
- The anti-bullying policy should have been explained to you. If not, you can ask to see it.

What to do if you are being bullied...

- There is always help
- Tell someone you trust and ask a friend to go with you if you are worried
- Don't keep quiet because the bullying will carry on
- Keep talking until someone listens
- Remember ***it's not your fault***
- Stay calm
- If possible explain to the bully that you don't like what they are doing and why
- Walk away
- You may want to phone ChildLine
- Adults are responsible for giving you help and support around bullying.

What to do if you see bullying...

- Don't join in
- Tell an adult
- Support the person who has been bullied.

What to do if you are bullying others....

- Think about why you are doing it
- Ask for help from adults you trust or from groups in school such as peer mentors or Friends Against Bullying Group
- Phone ChildLine.

Contact...

ChildLine Phone: 0800 1111 www.childline.org.uk
(free and open 24 hours)

Kidscape Phone: 08451 205 204 www.kidscape.org.uk
NSPCC Phone: 0808 800 5000 www.nspcc.org.uk

Also visit: www.bullying.co.uk
 www.anti-bullyingalliance.org.uk

If you are worried about bullying then talk to an adult you trust in school or at home.

If your child is at Infant or Primary School and you need any help or advice about bullying in school then please contact your child's teacher, head teacher or member of staff.

If your child is at Secondary School and you need any help or advice about bullying in school then please contact your child's form tutor, head of year, head teacher or member of staff.

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मिनिकॉम 01332 716709

Polish Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku.
Prosimy o kontakt: 01332 718010 Tel. tekstowy: 01332 716709

Punjabi ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਟੈਲੀਫੋਨ 01332 716945 ਮਿਲੀਕਮ 01332 716709 ਤੇ ਸੰਪਰਕ ਕਰੋ।

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مئی کام 01332 716709 پر ہم سے رابطہ کریں۔

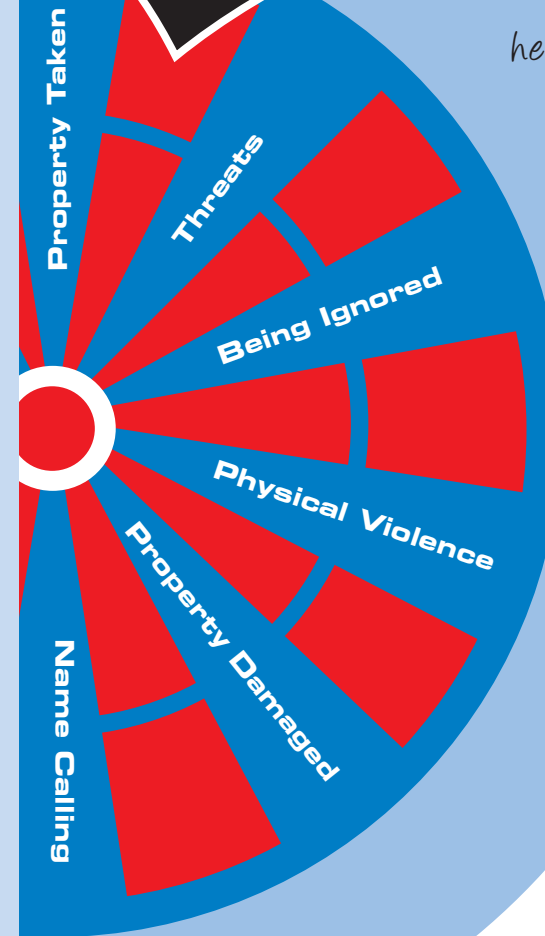


DERBY CITY COUNCIL

Bullying

help and advice for parents and carers

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally



Don't let them target your child!

Put a stop to bullying

Derby City Council

Children and Young People's Services

Middleton House, 27 St Mary's Gate, Derby DE1 3NN

Telephone: 01332 716924 Fax: 01332 716920 Minicom: 01332 716709

www.derby.gov.uk



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Definition of bullying...

- Verbal - name calling, teasing, swearing, spreading rumours
- Physical - hitting, pushing, pinching, kicking
- Emotional - ignoring or isolating, taking or damaging possessions, being forced to do things against own will, being forced to hand over money
- Cyber - nasty or threatening texts and emails
- Homophobic - based on sexuality
- Racist - based on religion or racial or ethnic origin
- Disability - based on a disability
- Sexual - inappropriate touching.

Anti-bullying policy...

Your child's school has to have an anti-bullying policy by law.

You are entitled to request a copy of the policy to view. The policy tells you what the school does to address issues of bullying and sets out its procedures.

Why do people bully?...

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too.

What to do if you think your child is being bullied...

"Don't go rushing in at the deep end because this can make things worse". Year 6 boy

- Look for changes in your child such as avoiding school, faking illness, being moody, losing dinner money, anxiety, being withdrawn and quiet and coming home with cuts and bruises
- Keep calm

- Talk to your child about what has happened and keep a record of incidents
- Reassure your child that he/she is not to blame and has done the right thing in telling you
- Talk calmly to a member of staff about the bullying, being as specific as possible (See back of leaflet for person to contact)
- Ask what you can do to help and stay in touch with the school
- Look at websites for guidance (See list below)
- If you feel that school is not doing enough to help, ask to see the anti-bullying policy to check if the correct procedures have been followed
- If you are still not happy then speak to the parent governor or make an appointment to see the head teacher
- If you are still not happy that everything is being done to help then write to the Chair of Governors to express your concerns.

What to do if you think your child is bullying others...

- Don't get angry, try to understand the reasons
- Find out what it is happening
- Speak to staff at school about support they can offer
- You may wish to contact ParentLine Plus

Contacts...

| | | |
|-----------------|---------------|--|
| ParentLine Plus | 0808 800 2222 | www.parentlineplus.org.uk (24 hours) |
| kidscape | 08451 205 204 | www.kidscape.org.uk |
| NSPCC | 0808 800 5000 | www.nspcc.org.uk |
| Also visit: | | www.bullying.co.uk www.anti-bullyingalliance.org.uk |

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help and advice for school staff

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally

Put a stop to bullying

Don't let them target you or your pupils!



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CITY OF DERBY

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Why do people bully?

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too.

Anti-bullying policy...

Your school has to have an anti-bullying policy by law.

All members of staff, teaching and support, should have access to a copy, be aware of its contents and should be consulted when it is updated.

How to deal with bullying incidents...

- Be approachable. Listen and respond to the pupil sensitively and objectively
- Make sure you explain that you cannot offer absolute confidentiality
- Have “worry boxes” for pupils to report bullying
- Be clear about your school’s anti-bullying policy and follow the procedure for reporting and dealing with the bullying
- Speak to parents of all concerned where appropriate

- Monitor the situation afterwards
- Make sure the incident is reported in line with the school policy. All schools should return termly figures on bullying incidents to the local authority.

If, as a member of staff, you are being bullied by someone in the school environment, it is important that this is reported.

- Seek advice and information from your union
- Share your concerns with a trusted colleague
- Make a record of all incidents and date them
- If you feel your situation is not being resolved you should follow the school’s formal procedures as adopted by the Governing Body.

Contacts...

Kidscape 08451 205 204
NSPCC 0808 800 5000

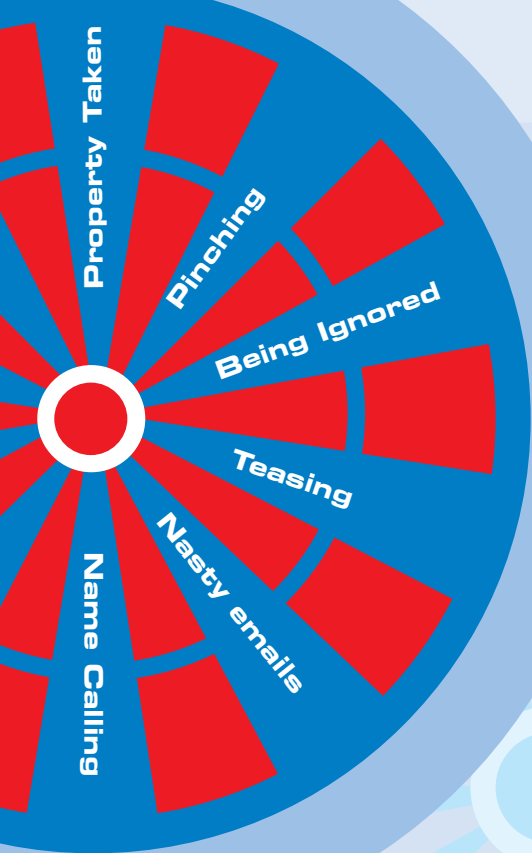
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www.nspcc.org.uk
www.bullying.co.uk

Also visit:

www.antibullyingalliance.org.uk
www.teachernet.gov.uk

Don't let them target you or your pupils!

Put a stop to bullying



Bullying is when people hurt or upset you on purpose - usually more than once

Types of bullying...

- Name Calling
- Teasing
- Spreading rumours
- Hitting
- Pushing
- Pinching
- Kicking
- Taking or damaging your things
- Sending nasty text messages or emails
- Forcing you to hand over money
- Making you do things you don't want to do
- Being ignored or left out
- Upsetting or hurting you because of your religion, the way you look or who you are.

Why do people bully?

There are a lot of reasons, for example:

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too
- Some people bully to feel powerful.

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Anti-bullying policy...

- Your school will have a policy which gives lots of information about how the school tries to keep you safe from bullying
- You can ask to see the policy or ask an adult to explain it to you
- You can ask an adult to tell you how it keeps you safe.

What to do if you are being bullied...

- There is always help
- Tell someone you trust. Ask a friend to go with you if you are scared
- Don't keep quiet because the bullying will carry on
- Keep talking until someone listens
- Remember ***it's not your fault***
- Stay calm
- Tell the bully to stop what they are doing because you don't like it
- Walk away
- You may want to phone ChildLine
- Adults **can** help to deal with the bullying.

What to do if you see bullying...

- Don't join in
- Tell an adult
- Support the person who is being bullied.

What to do if you are bullying others...

- Think about why you are doing it
- Ask for help from adults you trust or from groups in school such as peer mentors or Friends Against Bullying Group
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If you are worried about bullying then talk to an adult you trust in school or at home.



Bullying is when people hurt or upset you on purpose - usually more than once

Types of bullying...

- Calling names
- Making fun of you
- Saying hurtful things
- Hitting, pushing, pinching and kicking
- Taking or breaking your things
- Making you do things you don't like
- Leaving you out
- Upsetting you because of how you look



Why do people bully?

- People who bully often feel sad inside and need someone to help them

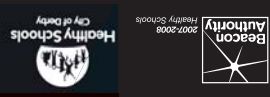
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Put a stop to bullying



Let's beat Bullying...



Keeping you safe...

- Your school wants to keep you safe from bullying
- You can ask an adult to tell you how it keeps you safe.

What to do if you are being bullied...

- There is always help
- Tell an adult you trust in school or at home
- Make sure the adult helps you
- Don't get angry
- Tell the bully to stop
- Walk away
- You could phone ChildLine
- Adults **can** help to deal with the bullying.



What to do if you see bullying...

- Don't join in
- Tell an adult
- Look after your friend if he/she is being bullied.



What to do if you are bullying others...

- Try to stop or ask an adult to help you think about how to stop.

Contacts...

ChildLine

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(free and open 24 hours)

www.childline.org.uk

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