

WHAT CAN YOU 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 digital devices, 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 would talk about the child who has bullied your child (reconciliation is the best solution).

Tell your child that you will ask their teacher, Mrs McKernan, Mrs Taggart or Mr Gallagher for their help.

Inform your child's class teacher.

Teach your child strategies to stay safe.

IF YOUR CHLD 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 do love them—it is the behaviour that you do not like.

Talk to them about how the other person feels—they may not realise 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 McKernan

Deputy Designated Teacher for Child Protection

Mrs Taggart

Telephone No: 02882 242008
www.omaghintegratedps.com

ChildLine
0800 1111
www.childline.org.uk

Omagh Integrated Primary School and Nursery



ANTI-BULLYING A Guide for Parents and Carers



WHAT IS BULLYING?

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

(NI 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

PUPILS 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.

KS1/2 Pupils

THIS IS WHAT WE DO ABOUT BULLYING IN OIPS

Our School Ethos aims to promote a safe-guarding environment through:

Class Agreement and Consequences

Curriculum, PATHS, Personal Development and Mutual Understanding is integrated into RE, Literacy, The Arts and the World Around us.

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

Anti-Bullying Policy

Staff Pastoral Care Meetings

Staff Training

Anti-Bullying Week

Celebration of Positive Behaviour, Home/School Diaries, Star Charts and Praise, Class Reward Systems

Keeping Safe Presentations

Anti-Bullying, Internet Safety

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

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

Support is provided 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

School Displays

Assemblies

PSNI Presentations

Friendship Bench in the playground

PATHS Pals—Playground games and pupil support in the playground

School Website

Parent and Pupils Leaflets

NI Anti Bullying Forum Resources.

