



ANTI—BULLYING WEEK



What is bullying?

Bullying can happen to anyone.

Everyone knew that a bully can kick or punch someone but we also learnt that bullies say unkind things and these hurt just as much.

To help us to understand we had 3 simple rules:

1. Bullying is hurtful. It can be hands and feet or words.
2. Bullying doesn't just happen once. It happens over and over again to the same person.
3. Bullying isn't an accident. It happens on purpose.

We talked about the difference between an accident and something deliberate. In Reception we found it hard to understand that one incident isn't bullying or that a different opinion about a favorite character on TV isn't unkind or bullying.

If you see something...

Don't ignore it.

Tell someone about it. If it's happening right now, use your **BIG** voice to get help.

The rule is **SEE SOMETHING, SAY SOMETHING!**

The children all knew who they could talk to if they had a problem: a teacher, a friend, a responsible adult, Mum, Dad, big brothers or sisters.

Use your **BIG** voice!

If something is happening that makes you feel uncomfortable or scared and there isn't an adult next to you, hold up your hand and shout "STOP!" It will attract attention and help will come.

If it happens to you...

A bully is scared of being found out so make sure you tell someone. You won't get into trouble and if you let someone know straight away, we can help to make sure it doesn't happen again.

We have been learning

- What is bullying?
- What to do if you see bullying or something that you know is wrong
- What to do if it happens to you

As children mature, they learn how to deal more confidently with conflict.

We begin by telling them to speak to an adult so we can sort it out for them

As their confidence grows, we rehearse what they should say and do when something happens. We are on hand to ensure their concerns are addressed. Eventually they can resolve conflicts independently.

Bullying is different! Children cannot deal with it alone and need home and school to work together to sort it out.

Parents and Carers

Please talk about this at home. It will help them to rehearse using a 'big voice' and to remember the See Something, Say Something rule. Remind them who they can go to with a problem and encourage them to report anything that happens at school straight away so we can deal with it.

If you have a concern, please speak to your child's class teacher. If we have a concern, we will speak to you. If you are dissatisfied or feel that your concern hasn't been addressed, please speak to Mrs Dempsey.

We find that children use 'bully' or 'bullying' more frequently after learning about it. Please do explore your child's understanding and don't be alarmed if they begin to talk about it at home. If you are worried, speak to us.