

Parents - you can help!

Here are some ideas!

- ⇒ Be observant. Look out for the telltale signs such as: unwillingness to attend school, ongoing unwellness, declining academic performance, loss of self confidence, loss of interest in social events.
- ⇒ Encourage talking - sometimes this may be difficult, but remain patient.
- ⇒ Listen calmly and seriously and try not to over react - work out the facts.
- ⇒ Give assurance that the situation can be changed.
- ⇒ Make sure that your child understands that there is nothing wrong with him/her, and that it happens to most people at some time.
- ⇒ Support the School policy and contact the School when concerned.

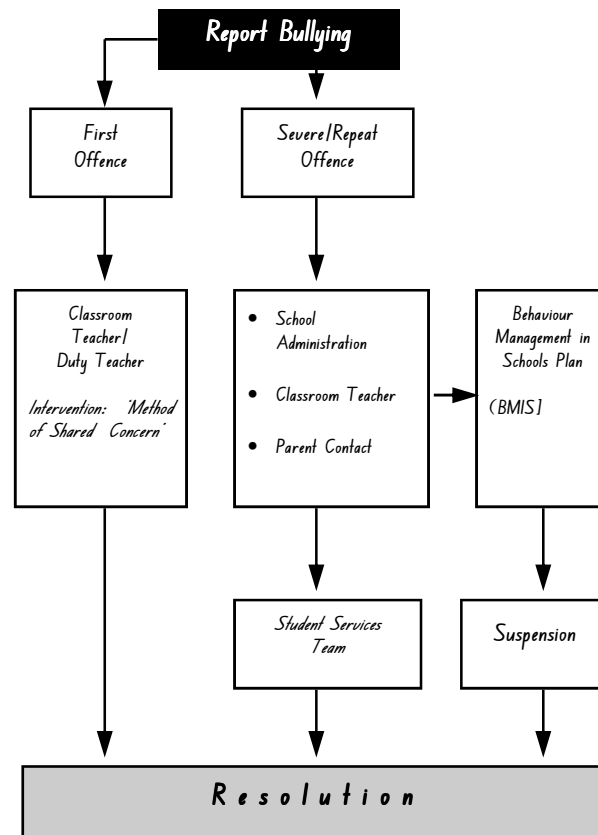


Working together!

What will the School do?

Eden Hill Primary School has clearly defined its role on bullying. The diagram below illustrates the procedure that the School will take if bullying occurs.

BULLYING FLOWCHART



EDEN HILL
PRIMARY SCHOOL



Don't be Bullied!



Speak up!

What is Bullying?

Bullying is a **repeated** incident of behaviour that is designed to hurt, injure, embarrass or upset the other person.

It can be:

- ☐ Deliberate exclusion from activities
- ☐ Spreading rumours
- ☐ Unwanted touching, hitting, teasing, abusing and mocking
- ☐ Putdowns
- ☐ Hiding someone's property
- ☐ Writing nasty notes
- ☐ Name calling
- ☐ Taking or damaging the person's property
- ☐ Making hurtful and racist comments
- ☐ Criticising religious beliefs and practices
- ☐ Negative comments on social/family background
- ☐ Intimidation or threatening behaviour
- ☐ Inappropriate use of Social Media



Stand together

What can you do if you are being bullied?

Talk about it!



Discuss it with:

- ☐ Your teacher; duty teacher
- ☐ Friends
- ☐ Family
- ☐ Anyone you can relate to

Don't be worried by the 'dobber' tag - bullies use it to protect themselves

You may want to talk about the problem, but may not want any action taken. That is OK.

Eden Hill Primary School respects the rights of all people, and in particular its students, to be free from all forms of bullying and harassment. The School is of a view that any form of bullying is totally unacceptable behaviour and is completely contrary to the School's aims and objectives.

Ways you can help stop bullying!

Try these:

- ⇒ Try not to retaliate by becoming a physical or verbal bully yourself.
- ⇒ You could try to ignore the bullying. If you show you are not upset, the bully may stop.
- ⇒ Walk away quickly and confidently from a group of bullies.
- ⇒ Try being assertive - speak firmly and tell the bully "Don't do that, I don't like it".
- ⇒ Try to establish a supportive friendship group.
- ⇒ Avoid being alone in places where bullying happens.
- ⇒ Write down the things the bully has said or done to you and how you feel.
- ⇒ Speak to someone about it.

If you are **NOT** being bullied yourself, but notice someone else being bullied, you can:

- ☐ Not support the bully - fewer people smiling, fewer people joining in - makes a difference - **walk away**.
- ☐ If you feel strong enough, support the person being bullied by standing alongside them or saying something such as 'leave him/her alone' in a **calm, non aggressive way**.