

St Thomas More RC College



Anti-bullying

Advice for parents and carers

At St Thomas More we always encourage and expect good behaviour and respect for others. We aim to prevent all forms of bullying among pupils.

What is bullying?

Bullying is the **repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power.**

Bullying can be physical, verbal or psychological.

Cyberbullying has the same effect as face-to-face verbal or psychological bullying but it takes place via mobile phones, emails or texting. The behaviour can be carried out by an individual or a group and could include for example sending hurtful texts, spreading rumours through social networking sites, uploading private or distorted images or film, sending abusive comments through gaming sites, or assuming a false identity to cause harm or mischief.

Verbal bullying

Sticks and stones may break my bones, but words will never hurt me.

Verbal bullying could include name-calling, threats, manipulation, mockery, slander, spreading lies and gossip. It is usually carried out face-to-face but would also include malicious phone calls. Verbal bullying is often prejudice related – such as the use of homophobic insults, sexist words, racist comments or insults about disabilities. Verbal bullying can also be targeted at someone's physical appearance, such as their weight, their skin, or their clothes. Verbal bullying is commonplace amongst young people – even if in some instances younger children use these words without understanding their meaning.

How can parents and carers help?

There is no easy answer when it comes to bullying behaviour – every situation is different and requires a different approach.

- **If you think your child is being bullied, don't panic – try to keep an open mind.**
- **Listen and reassure them that coming to you was the right thing to do.**
- **Assure them that the bullying is not their fault and that you are there to support them.**
- **Find out what the child or young person wants to happen.**
- **Discuss the situation with college.**

Parents and carers are encouraged to contact college with any concerns regarding incidents of bullying. The WHISPER system is a confidential tool our pupils can also use for reporting incidents. The WHISPER system can be accessed from any internet enabled device, including mobile phones.



Where can a young person get more information and help?

ChildLine

ChildLine is the UK's free, confidential helpline for children and young people. Trained volunteers are on hand to provide advice and support, by phone and online, 24 hours a day. Call Childline on 0800 1111 or visit www.childline.org.uk

CyberMentors

CyberMentors is a safe social networking site providing information and support for young people affected by bullying. Young people aged 11 to 25 are trained as CyberMentors in schools and online, so that they can offer support and advice to other young people. CyberMentors are also supported by trained counsellors, who are available online if needed. For more information and free CyberMentors resources visit www.cybermentors.org.uk

Links

Anti-Bullying Website
www.anti-bullyingalliance.org.uk

CEOP Report Abuse

