



ANTI-BULLYING ADVICE FOR PARENTS

Bullying will not be tolerated at St Dunstan's College, and we operate a robust anti-bullying policy. All allegations of bullying will be taken seriously, and children who feel bullied will be treated with respect and sensitivity. The Anti-bullying Policy and related documents are available on the College website and on the College VLE (Firefly).

If you suspect or know your child or someone else's child is being bullied...

- Listen to what the child (or child reporting on behalf of another) has to say. Try to remain neutral and let them speak. Afterwards, repeat what you have heard to let the child know you have understood what they have told you.
- Tell your child that it is the right thing to talk about how they feel. Remind them that they are not to blame, and they are not alone.
- Encourage your child to speak to their Form Tutor, Head of Year, Deputy Head Pastoral or other trusted member of staff.
- You should also contact their Form Tutor, Head of Year or Deputy Head Pastoral immediately.
- Reassure your child that bullying is dealt with sensitively but firmly, and that they will be a part of the process.
- Direct your child to the St Dunstan's College Anti-Bullying Advice for Pupils pamphlet, available on the website and on Firefly.
- www.bullying.co.uk has some useful information for parents and children.

Possible Signs of Bullying

Signs that your child is being bullied may include:

- Deterioration of work
- Lack of concentration
- Feigned illness
- Unusual shyness and nervousness
- Isolated and withdrawn behaviour
- A desire to remain with adults
- Erratic attendance
- Fear of the journey to school
- Clothes, possessions and/or books regularly go missing or damaged
- Unexplained bruises, scratches, cuts
- Having nightmares or crying themselves to sleep

- Asking for money or beginning to steal money (to pay the bully)
- Expressing low self-esteem
- Giving improbable excuses to explain any of the above.