

At the meeting:

- * Take written details of the incident
- * Ask for notes to be taken so that there is a record of what is discussed and agreed
- * Ask for a named contact at school for both your child and yourself
- * Agree a plan of action with a time for a follow-up meeting
- * Decide if it best for your child to attend

After the meeting:

- * Give the school time to deal with the situation
- * Keep in touch with the school (especially if the incidents continue)
- * Keep your child fully informed of what is happening

What if the bullying continues?

In most cases the bullying will eventually stop with the school's help. However, if the bullying continues and you are not happy with the way the school has dealt with it, you should follow the school's complaint procedure and write a formal letter to the Principal.

Talk to our **Parent Liaison Officer** if you are not sure who to approach or just for some helpful advice.

“It isn't big
to make
others feel
small.”

Contacts for further help and advice

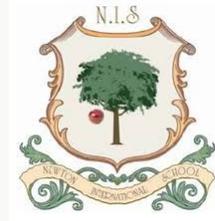
The following websites all contain useful information on bullying:

www.kidpower.org
www.antibullying.net
www.beatbullying.org
www.bullying.co.uk

Talk to an adult—don't keep it to yourself



SAY NO TO
BULLYING



Newton International School, D Ring

An International community of learners striving for excellence and celebrating success



Bullying Advice for Parents & Carers

supporting your child to be safe and happy in school

What is BULLYING?

“Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally”

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of differences or perceived differences. This can be for a lot of reasons such as age, gender, race, religion or belief.

Bullying can be:

X Physical Bullying

Kicking, hitting, pushing, pinching, taking things

X Verbal Bullying

Name calling, shouts of abuse, spreading rumours, using threatening language

X Emotional Bullying

Being excluded from groups, intimidation, threats, writing things

X Cyber-Bullying

Nasty text messages, emails, phone calls

Bullying is not when two people have a disagreement or fall out over something. It is usually...

Several **S**tart
Times **T**elling
On **O**ther
Purpose **P**eople



What are the signs of bullying?

Look for changes in your child:

- X Avoiding school
- X Appearing frightened of the journey to and from school
- X Deterioration in their work
- X Anxious, moody, withdrawn, quiet
- X Seeming unhappy but refuse to say why
- X Complaining of headaches, stomach ache or other illnesses
- X Having nightmares or sleeping difficulties
- X Arriving home hungry
- X Asking for extra money

Have you noticed them coming in with:

- X Torn clothes
- X Missing or damaged possessions
- X Unexplained cuts or bruises



How can you help?



- * Give reassurance to your child (this is not their fault)
- * Talk calmly about what is happening (even though you may feel upset yourself)
- * Listen and take what is said seriously
- * Make notes of what has happened (who, what, when, where)
- * Keep your child involved—it is important that they know what is happening and have a say
- * Encourage them to report incidents to a teacher
- * Talk to the school

NIS D Ring has an Anti-bullying Policy that addresses all forms of bullying. It makes clear the measures that can be taken to respond effectively to bullying incidents, so

- * Tell the school about the incident
- * Arrange a meeting with school staff
- * Explain why you want an appointment so that they can investigate before the meeting
- * Give as much detail of the incident that you can—time, location, what happened, names of those involved including “witnesses”