



**PEER MENTORING**  
1.30 – 2.10 pm  
Every day at reception  
Or report via worry box

## ***What is bullying?***

Bullying is the use of actions or words intended to hurt someone. This is usually over a period of time.

We welcome your help to continue to reduce the incidents of bullying at Coombe.

## ***What will the school do if my child is being bullied?***

- Listen to you and your child
- Provide support for your child
- Ask your child for a statement
- Discuss the issue with the bully
- Contact parents of the bully
- The bully will be given a clear warning to stop
- We will take other action against the bully

[www.anti-bullyingalliance.org](http://www.anti-bullyingalliance.org)

[www.younglavin.org.uk](http://www.younglavin.org.uk)

[www.kidscape.co.uk](http://www.kidscape.co.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

## ***Remember***

*We all fall out with our friends - one argument is not bullying. However, nobody should have to put up with persistent unkindness - this is bullying. Please help your child talk to us.*

## ***Anti-bullying guide for Parents***

**COOMBE**  
preparing you  
for a world of  
opportunity

[www.coombegirlsschool.org](http://www.coombegirlsschool.org)

***Coombe Girls' School and Sixth Form***



## ***Bullying can be:***

- ☹ Ignoring someone
- ☹ Spreading rumours
- ☹ Threatening someone
- ☹ Pushing or physical violence
- ☹ Verbal abuse about a person's appearance, intelligence, work, race, nationality, religion, culture or sexuality
- ☹ Taking or damaging someone's personal property or money
- ☹ Upsetting someone using a phone call, text message, or the Internet. This includes pictures, photographs and videos

## ***Bullies can:***

- ☹ Act alone
- ☹ Be part of a group
- ☹ Get others to bully

## ***What should I do if my child is being bullied?***

- ✓ Calmly talk to your child
- ✓ Make a note of your child says
- ✓ Reassure your child that telling you was the right thing to do
- ✓ Explain that any incidents should be reported to a teacher or their tutor immediately
- ✓ Inform the school via your child's tutor or Head of Year
- ✓ Discuss with your child's tutor or Head of Year how you can help your child
- ✓ Ask the school to keep you informed

## ***What do I need to tell the school?***

- ☒ Explain what happened to your child
- ☒ When and how often?
- ☒ Where?
- ☒ Who was it?
- ☒ Who else saw it?
- ☒ Explain what guidance you have given your child

## ***Why do children bully others?***

- ☹ They don't know it is wrong
- ☹ They are copying the negative behaviour of someone else
- ☹ They haven't learned there are better ways of mixing with their classmates
- ☹ Their friends encourage them to bully
- ☹ They are going through a difficult time and are acting out their aggressive emotions
- ☹ They are very insecure. They display this as confidence and wanting to be in control

## ***How do I stop my child bullying others?***

- ↪ Talk to your child, explaining bullying is unacceptable and makes others unhappy
- ↪ Discourage them from using aggression or force to get what they want
- ↪ Show your child how to join in with other children without bullying
- ↪ Make an appointment to see your child's tutor or Head of Year to discuss the problems your child is experiencing
- ↪ Keep in regular contact with the school
- ↪ Give your child lots of praise and encourage kindness and co-operation