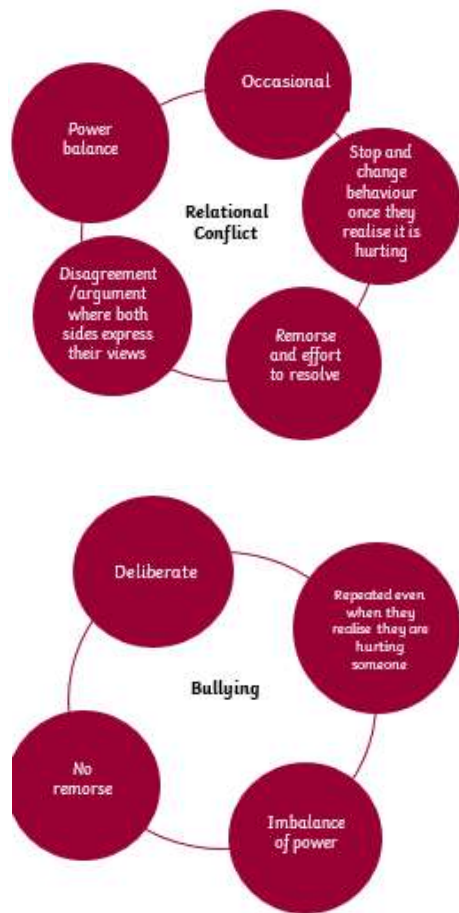


Bullying or relational conflict?

Relational conflict refers to non-bullying relationship or conflict difficulties. It is important that we understand the difference between relational conflict and bullying and also be clear about when an incident is bullying and when it is not. The diagram below explains the difference between relational conflict and bullying:



Even as adults we have to manage relational conflict but we have developed strategies to cope. We need to teach our children these skills.

Our definition of bullying?

- There is deliberate intention to hurt or humiliate
- There is a power imbalance that makes it hard for the victim to defend themselves
- It is usually persistent

We will always treat bullying seriously.
Bullying deliberately makes others feel uncomfortable, distressed or threatened and feel powerless to defend themselves.



At Swanwick Primary School, we support our pupils to understand what bullying is and to remind them of what to do by using the **STOP** acronym:

Several Times On Purpose
Start Telling Other People

Children are supported to understand the meaning of the word bullying and it is the responsibility of us all to challenge and be proactive about anti-bullying within this school community.

How you can support your child with....

Relational Conflict

Children **need** to develop their own strategies in order to manage relationships at home, at school and in the community we live in. However, as children they will need your support to understand different relationships and feelings and how they can be managed.

Bullying

1. Calmly talk to your child about it and reassure them that if they are being bullied, you and the school will take them seriously and can help them.
 2. Make a note of what your child says has happened, who was involved and how often incidents have occurred. Listen to your child and value their feelings and worries. Consider whether the behaviour could be relational conflict.
 3. Talk to your child's teacher soon as possible. They should be able to talk to you about anything they have noticed and suggest ways that issues can be resolved. An investigation into bullying form will be completed and discussed.
 4. If you or your child feels things have not improved, you could go to discuss the issue further with the class teacher **OR** ask to speak to the Anti-Bullying Lead; Mrs Jilavu.
 5. Read through Swanwick Primary School's Anti-Bullying Policy. This can be found on our website and will tell you how Swanwick Primary aims to ensure an Anti-bullying culture and a zero tolerance approach.
- Other things to remember....**
- Be ready to hear other sides of the story and listen to the school's solution.
 - Keep a record of what is suggested by school staff and allow staff time to investigate and deal with the situation, in the way they feel is most appropriate.
 - If you are unhappy with our response, arrange a time to talk again. As a final resort, you can make a complaint in line with the school's complaints procedure.
- Remember it is unhelpful to tell your child to do anything that will escalate the situation or to tackle other parents or children yourself.**

What will the school do?

In line with our Anti-Bullying Policy, school staff will begin by investigating the situation thoroughly and will then decide on an appropriate course of action. This may include:

- support for the child being bullied
- working with the person doing the bullying to change their behaviour
- speaking to the parents or carers of all parties
- encouraging empathy, a genuine and meaningful apology and reconciliation
- assemblies or class activities
- involving other agencies if appropriate
- deciding on appropriate consequences in proportion to the individual circumstances and incidents, in line with the school's behaviour policy
- monitoring future behaviour of individuals.

Cyberbullying

More and more children are using mobile phones or the internet to bully others by sending threatening or hurtful messages and photographs, and spreading rumours. This is illegal, and like any serious form of bullying, the school may advise parents and carers to involve the police.

- Be aware of your child's use of technology and try to monitor what they are sending and receiving. Try to keep up-to-date with the technology yourself
- Encourage your child to be very careful to whom they give their contact details
- If your child knows the sender of the bullying messages, and is at the same school, contact the school as soon as possible, even if the messages happen outside of school hours
- Save the messages to show to the school. They will pass them on to the police as necessary

Useful contacts

Derbyshire County Council-Call Derbyshire - 01629 533190 (Monday-Friday, 8am-8pm)

Kidscape - National charity 08451 205 204 (Monday-Friday, 10am-4pm)

Childline - Free 24-hour helpline for children in distress or danger 0800 1111

Anti-Bullying Alliance - www.antibullyingalliance.org.uk

NSPCC- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

National Bullying Helpline- <https://www.nationalbullyinghelpline.co.uk/contact.html>

Derby and Derbyshire Emotional Health & Wellbeing- <https://derbyandderbyshireemotionalhealthandwellbeing.org.uk/parent-carer>



Swanwick Primary School



Parents' Guide to
Anti-Bullying
Please take a moment
to read this special
leaflet.