



## Types of bullying:

**Bullying** can take many forms, including:

- \* being called nasty names, teased, made fun of, threatened or put down
- \* being hit, kicked, punched, tripped up or knocked down
- \* having belongings stolen or deliberately damaged
- \* having rumours or gossip spread about you or people talking about you behind your back
  - \* being left out, excluded or isolated
- \* being forced to do something you don't want to do or that you know is wrong.

**Online bullying** is displayed through technology such as smart phones or the internet. This could include hurtful, embarrassing or threatening material posted, nasty messages sent, being excluded from an online game or chat forum, fake profiles on a social network to make fun of others, or misuse of intimate images of the person targeted.

**Prejudice-related bullying** is when the bullying is focused on what is different about a person's identity. This could include their race, religion or beliefs, culture/background, disability, gender identity, sexual orientation or their sex.

## When is it not bullying?

The following examples are examples of unacceptable behaviour but are not examples of bullying:

- \* a disagreement or 'falling out'
- \* an argument or one-off fight
- \* relationship issues where children or young people need to learn how to get along better
- \* someone being 'nasty' with unkind or disrespectful words or actions.

Richmond Park School will challenge all unacceptable behaviour, whether bullying or not, in line with our 'Positive Behaviour and Anti-Bullying Policy'.

## What can parents do to help?

The guidance documents on our website (scan QR code on the rear of this leaflet) gives you ideas about how to talk to your child about bullying, how to spot the signs, how you can help them and how to build your child's confidence and self-esteem.

The guidance also gives you information about dealing with bullying online, coping with the effects of bullying, as well as how to manage your own feelings and actions.

**Please note:** You should not take to social media to complain about the school or insult, offend or threaten school staff. You should also not take matters into your own hands and attempt to directly tackle other children involved in the incident or their families.

## What you and your child can expect from us:

At Richmond Park School, we take every complaint of bullying very seriously. We will listen to, investigate and deal with every matter of bullying fully.

Please read our policy for full details of the reporting stages, but below are the general stages to complete if you feel your child is being bullied. You should complete all steps in order, allowing us suitable time and opportunity to put in place action to remedy the situation and give the action time to take effect. It may not be possible to completely resolve the situation immediately, but you should feel confident that timely action is being taken; if not, move to the next stage in the process.

**Step 1** – report to the class teacher

**Step 2** – report to the Headteacher

**Step 3** – report to the school governing body

**Step 4** – report to the local authority

At every step, keep a diary or event log of all contact you have made and received, making a note of who you spoke to, how you contacted them, when (date/time) and what actions were agreed and who was responsible for these actions.