

If your child is at Infant or Primary School and you need any help or advice about bullying in school then please contact your child's teacher, head teacher or member of staff.

If your child is at Secondary School and you need any help or advice about bullying in school then please contact your child's form tutor, head of year, head teacher or member of staff.

We can give you this information in any other way, style or language that will help you access it. Please contact us on 01332 716924 Minicom 01332 716709 or Fax 01332 716920

**Hindi** हम आपको यह जानकारी किसी दूसरे तरह और ढंग से या दूसरी भाषा में भी दे सकते हैं जिससे आपको इसे प्राप्त करने में मदद मिल सकेगी। कृपया हमसे इन नंबरों द्वारा संपर्क कीजिए 01332 716945  
मिनिकम 01332 716709

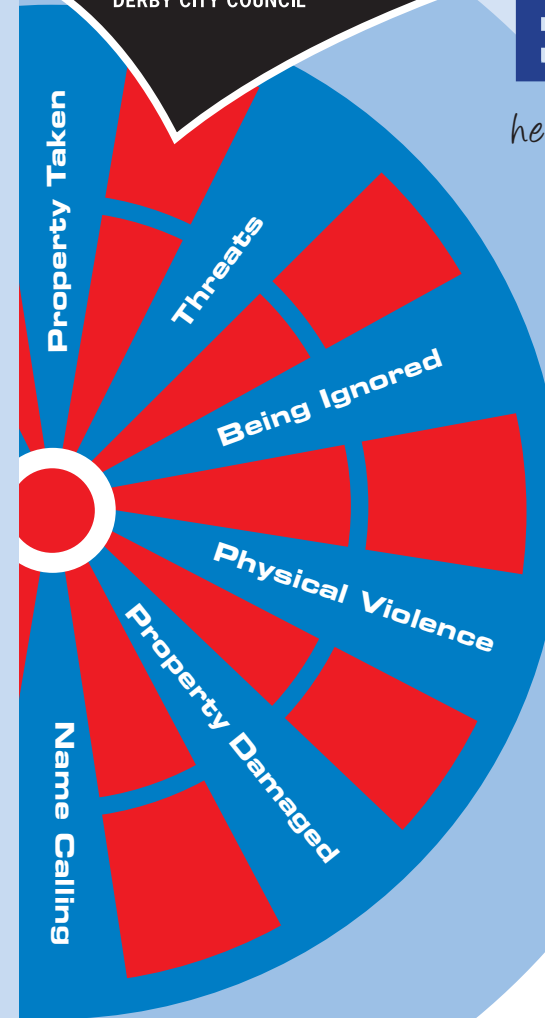
**Polish** Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku.  
Prosimy o kontakt: 01332 718010 Tel. tekstowy: 01332 716709

**Punjabi** ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਟੈਲੀਫੋਨ 01332 716945 ਮਿਲੀਕਮ 01332 716709 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Urdu** یہ معلومات ہم آپ کو کسی دیگر ایسے طریقے، انداز اور زبان میں مہیا کر سکتے ہیں جو اس تک رسائی میں آپ کی مدد کرے۔ براہ کرم 01332 717959  
مئی کام 01332 716709 سے رابطہ کریں۔



DERBY CITY COUNCIL



# Bullying

help and advice for parents and carers

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

Put a stop to bullying

Don't let them target your child!

Derby City Council

Children and Young People's Services

Middleton House, 27 St Mary's Gate, Derby DE1 3NN

Telephone: 01332 716924 Fax: 01332 716920 Minicom: 01332 716709

www.derby.gov.uk



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Healthy Schools



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CITY OF DERBY

## Definition of bullying...

- Verbal - name calling, teasing, swearing, spreading rumours
- Physical - hitting, pushing, pinching, kicking
- Emotional - ignoring or isolating, taking or damaging possessions, being forced to do things against own will, being forced to hand over money
- Cyber - nasty or threatening texts and emails
- Homophobic - based on sexuality
- Racist - based on religion or racial or ethnic origin
- Disability - based on a disability
- Sexual - inappropriate touching.

## Anti-bullying policy...

Your child's school has to have an anti-bullying policy by law.

You are entitled to request a copy of the policy to view. The policy tells you what the school does to address issues of bullying and sets out its procedures.

## Why do people bully?...

- Quite often people who bully are unhappy themselves
- They sometimes bully to get attention because they need help too.

## What to do if you think your child is being bullied...

*"Don't go rushing in at the deep end because this can make things worse". Year 6 boy*

- Look for changes in your child such as avoiding school, faking illness, being moody, losing dinner money, anxiety, being withdrawn and quiet and coming home with cuts and bruises
- Keep calm

- Talk to your child about what has happened and keep a record of incidents
- Reassure your child that he/she is not to blame and has done the right thing in telling you
- Talk calmly to a member of staff about the bullying, being as specific as possible (See back of leaflet for person to contact)
- Ask what you can do to help and stay in touch with the school
- Look at websites for guidance (See list below)
- If you feel that school is not doing enough to help, ask to see the anti-bullying policy to check if the correct procedures have been followed
- If you are still not happy then speak to the parent governor or make an appointment to see the head teacher
- If you are still not happy that everything is being done to help then write to the Chair of Governors to express your concerns.

## What to do if you think your child is bullying others...

- Don't get angry, try to understand the reasons
- Find out what it is happening
- Speak to staff at school about support they can offer
- You may wish to contact ParentLine Plus

## Contacts...

ParentLine Plus 0808 800 2222 [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
(24 hours)

kidscape 08451 205 204 [www.kidscape.org.uk](http://www.kidscape.org.uk)

NSPCC 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

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

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

**Don't let them target your child!**

**Put a stop to bullying**