

If you think your concerns are not being addressed:

- Check the school's anti-bullying policy to see if agreed procedures are being followed.
- Firstly, speak to your child's class teacher.
- Make an appointment to meet the Head Teacher.
- Contact SPINN (Newham Anti-Bullying Network). Help, Support and advice is available for parents whose children are victims of bullying.

SPINN
Newham Parents Centre
743-747 Barking Road
Plaistow
London
E13 9ER

Tel: 0208 470 9703

- Other organisations who can help include:
Advisory Centre for Education
Helpline: 020 8407 5142

Kidscape
Tel: 0207 730 3300

Parentline Plus:
Tel: 0808 800 2222
Tel: 020 7553 3080

National Bullying Help line:
0845 22 55 787

HELP

DREW PRIMARY SCHOOL

**SAY 'NO TO BULLYING'
&
'DON'T SUFFER IN SILENCE'**

Information for parents and carers

Bullying behaviour includes:

- **Name calling and nasty teasing**
- **Threats and physical violence**
- **Deliberate damage to belongings**
- **Leaving someone out of play activities deliberately and frequently**
- **Spreading lies and rumours**

Remember bullying is the constant, regular use of one or more of the above above.

Remember say, 'NO' to bullying at Drew School and 'Don't Suffer in Silence'

Watch out for signs that your child is being bullied

This could be headaches, stomach aches, anxiety or irritability.

It can be helpful to ask questions about:

- How your child is getting on with their work and friends at school.
- How playtimes and lunchtimes are spent.
- Whether your child is facing problems or difficulties at school.

If your child has been bullied:

- Calmly talk to your child about it.
- Reassure your child that telling you about the bullying was the right thing to do.
- Explain that any further incidents should be reported to a teacher immediately.
- Make an appointment to see your child's teacher.
- Explain to the teacher the problems your child is experiencing – be as specific as possible about what your child says as happened.

Remember the teacher and other school staff may not know that your child is being bullied.

If your child is bullying other children

Many children may be involved in bullying others at some time or other. It may be because:

- They don't know it is wrong.
- They are copying older brothers or sisters.
- They haven't learnt other, better ways of mixing.
- Their friends encourage them to bully.
- They are going through a difficult time and are acting out aggressive feelings.

You can help by:

- Talking to your child and explaining that bullying is wrong.
- Discouraging other family members from bullying behaviour or from using aggression and force.
- Explaining to the teacher the problems your child is facing.
- Giving your child lots of praise and encouragement when they are co-operative and kind to others.

