

## What you can do?

Talk to your child about bullying and what they have learned about bullying in school.

Model non-bullying behaviour and show respect and empathy for others.

Teach your child how to use a tablet, a console, a mobile phone and the internet safely and remember to monitor their use.

## If your child is being bullied...

Praise your child for telling.

Talk about feelings and work on restoring your child's confidence.

Help your child to think about what they would like to happen.

Try to be calm, being careful of how you talk about the child who has bullied your child (reconciliation is the best solution).

Tell your child that you will ask their teacher or Mrs McNicholl or Mr Conlon for their help.

Inform the school of your concerns.

Teach your child strategies to stay safe.

## If your child is displaying bullying behaviour...

Talk to your child about bullying and what they have learned about bullying in school.

Try not to call them a 'bully' - a label can stick. Stay calm and remind them that you love them - it is the behaviour that you do not like.

Talk to them about how the other person feels - they may not realise how much they are hurting, frightening or upsetting the other person.

Co-operate with the school to work out an action plan involving sanctions and consequences.

**Designated Teacher for Child Protection**  
Mrs S McNicholl (*Vice-Principal*)

**Deputy Designated Child Protection Officer**

Mr M. Conlon (*Principal*)

Telephone Martinstown **02821758358**

Telephone Cargan **02821758619**

[www.mqpglenravel.com](http://www.mqpglenravel.com)  
[info@mqpps.glenravel.ni.sch.uk](mailto:info@mqpps.glenravel.ni.sch.uk)

ChildLine  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



## Mary Queen Of Peace Primary School

## Anti-Bullying Guide for Parents



## What is Bullying?

Bullying is the repeated use of power by one or more persons intentionally to harm, hurt or adversely affect the rights and needs of others.

*(The Northern Ireland Anti-Bullying Forum, 2008)*

Physical / Emotional / Verbal / Indirect / Cyber

## Bullying is not...

- A one-off fight or argument
- A friend sometimes being nasty
- An argument with a friend

## Pupil Definitions of Bullying

*Definitions agreed by Mary Queen of Peace School Council.*

**Bullying is being unkind or mean to someone everyday and anywhere.  
Bullying is getting hurt many times.**

*Foundation Stage Pupils*

**Bullying is using words and actions to hurt someone on the outside (hitting, kicking) or inside (calling names). It happens over and over again to the same people by the same people.**

*KS1 Pupils*

**Bullying is continually using words and actions to hurt someone physically or emotionally causing them to feel scared or worried. It can happen in school, outside school or online.**

*KS2 Pupils*

## This is what we do about bullying in Mary Queen of Peace Primary School

**Our School Ethos aims to promote a safeguarding environment through:**

Class Agreement & Consequences

Curriculum: Personal Development & Mutual Understanding is integrated into RE, Literacy, The Arts & The World Around Us

Anti-Bullying Policy

Staff Pastoral Care Meetings

Staff Training

Anti-Bullying Week

Celebration of Positive Behaviour - Pupil of the Month, Home/School Diaries, Star Charts & Praise

Keeping Safe Presentations for three different Key Stages

Pupil Council consulted on Anti-Bullying & improvements to whole school

Safer Internet Day



We avoid using labels such as 'victim' and 'bully'

Support is provided to the pupil who has been bullied

Sanctions and consequences are applied to the pupil who has displayed bullying behaviour. Support is also given to help this child not repeat negative behaviour.

Communicate with parents/carers

Class Displays

Assemblies

Safe Box where pupils can confidentially lodge their worries and concerns

PSNI Presentations

Buddy Stop & Buddy Bench in the playground

Parent Leaflet

School Website



A detailed policy document is freely available on request from the school office.