

Cyberbullying

Cyberbullying is any bullying behaviour that takes place 'virtually' via mobile devices like phones and tablets, through online social networks such as Facebook, Twitter and Instagram, and is also common on gaming sites.

Cyberbullying can happen in or outside school – whenever and wherever children have access to phones or the internet. Examples of this kind of behaviour include inappropriate text messaging, e-mailing or blogging, sending offensive or degrading images by phone or via the internet, excluding individuals from group chat and creating false personas to mock or humiliate others.

There is strong expectation from government that teachers will tackle all forms of bullying, including cyberbullying, and in recent years they have extended powers such as the specific power to search for and delete inappropriate images/files on electronic devices, including mobile phones.

Information and support for parents and carers

Anti-Bullying Alliance

A coalition of organisations and individuals committed to stopping all forms of bullying between children and young people. Website with information and advice relating to all forms of bullying.

www.anti-bullyingalliance.org.uk @ABAonline

Family Lives

24 hour helpline for parents and carers who have concerns about bullying.

They also have an email facility.

0808 800 2222

www.familylives.org.uk @familylives

Contact a Family

- Free helpline for parents and carers of disabled children who have concerns about bullying. Free advice guides and training for parents and carers relating to bullying.

- Network of parent support groups. 0808 808 3555

www.cafamily.org.uk @contactafamily

The Child Exploitation and Online Protection Centre (CEOP)

Website with information and resources for children and young people about staying safe online.

www.thinkuknow.org.uk @ThinkuknowUK

Childnet

Website with information and advice for parents and carers on how to keep your child safe online including how to make a report online.

www.childnet.com @childnet

Ditch the Label

Ditch the Label provides research relating to all forms of bullying, designed to give insightful perspectives as well educate audiences of the causes, effects and prevention methods. Ditch the Label also provides email support to parents and carers.

www.ditchthelabel.org @ditchthelabel

Red Balloon Learner Centres

Red Balloon provides educational and therapeutic 'intensive care' for children and young people who have self-excluded from mainstream school because of severe bullying or trauma. The Learner Centres offer an individualised academic, personal and social programme with the aim of raising the students' self-esteem, getting them back on an academic track, and supporting their return to mainstream education.

01223 366052

www.redballoonlearner.org @RedBalloonLCG

Anti-Bullying Advice for Parents



Thornton Primary School

Thornton Road, Ward End,
Birmingham B8 2LQ

What is bullying?

Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated over time.

Definition - stopbullying.gov

At Thornton children have a right to an education in a safe and positive environment.

Spotting the Signs

Whilst there is no certain way of spotting whether a child is being bullied there are some signs to look out for:

- An unexplained illness.
- A reluctance to come to school.
- Unexplained bruising or torn clothes.

If you are worried discuss your worries with your child. Take care not to show your anxieties this may make your child feel worse or not confide in you as they do not want to upset you.

What can we do about it?

All bullying needs to be treated seriously. It is essential that parents and school work together.

Thornton's Anti Bullying policy can be found on the School's website.

Children who are perceived as bullies maybe behaving in appropriately because they are having difficulties in their own lives.

At Thornton we will treat each concern as individually and respond in a manner that reflects our School's ethos.

It is vital that parents inform the school immediately if they have concerns. If we do not know we cannot resolve issues.



Talking with your child:

- Be patient, make time to listen to your child.
- Ask questions but do not interrogate.
- Show that you care.
- Do not make promises -this may damage trust if you cannot fulfil them.
- Discuss what you could do with your child to help.
- Talk to the school.
- Reassure your child that they have done