

Confident

Any of the following behaviour may indicate other problems other than bullying. If your child displays any of these behaviours talk to them and get to the root of the problem:

Possible signs that your child might be being bullied:

- being unwilling to go to school;
- regularly have clothes, books or other possessions damaged or go missing;
- starts to struggle or perform poorly with schoolwork;
- have unexplained bruises, scratches or cuts;
- noticeable changes in mood, including being withdrawn, distressed or aggressive;
- loss of appetite or starting to overeat;
- they cry themselves to sleep, have nightmares, bed wetting or attempt to or threaten to harm themselves.

How do I talk to my child about bullying?

Ask your child about their day at school. Remind your child that bullying is something that can happen to anyone. It is really important to tell someone if anyone is being bullied.

What should I do if I think my child is being bullied?

It's natural to be angry and upset if you find your child is being bullied, but it's important to respond to your child calmly. Tell them that what is happening is not acceptable and explain calmly that you will be contacting the class teacher/ Mrs Ayton about the incident. Remind your child that although this is a very difficult time, it will get better and they will get the support they need.

Contact the class teacher, Mrs Tickel, Mrs Perry, Mrs Barrington or Mrs Ayton.

For more information, check out our bullying policy on ctkcps.com

Learning in faith, hope and love.

Christ the King Catholic Primary School



Our Approach to
Anti-Bullying:
A Guide for Parents:

**"Love is patient,
love is kind,
it does not envy,
it does not boast,
it is not proud."**

1 Corinthians 13.4

Caring

At Christ the King, we promote an atmosphere of love and respect for one another-the heart of our Catholic faith. We aim for all our children to be happy, safe and confident in their dealings with their peers and adults: we seek to promote positive mental health and wellbeing.



We work hard to prevent and respond to bullying. However, bullying can occur and children often need the support of adults to help resolve it.

Considerate

Communicative

We actively teach the children about what bullying is, the types of bullying behaviour and ways to deal with bullying. We achieve this through a range of strategies:

- Regular class/ whole assemblies about the 7C's values.
- Focus teaching week- Anti-Bullying Week (using resources from the Anti-Bullying Alliance).
- Anti-Bullying assemblies.
- Pupils complete anti-bullying surveys.
- A guide for Pupils.
- Teaching children about Cyberbullying
- Year 5 & 6- discussion run by the Community Police.

Courteous

Co-operative

What is bullying?

Christ the King Catholic Primary School defines bullying as...

'Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying involves an imbalance of power between the perpetrator and the victim. This could involve perpetrators of bullying having control over the relationship which makes it difficult for those they bully to defend themselves.'

Cyber-bullying

The rapid development of, and widespread access to, technology has provided a new medium for 'virtual' bullying, which can occur in or outside school. Cyber-bullying is a different form of bullying and can happen at all times of the day, with a potentially wider audience, and more accessories as people forward on content at a click.'

Conscientious

