



Primary *National Strategy*

**Excellence and Enjoyment:
social and emotional aspects of
learning**

**Say no to bullying
Family activities**

Headteachers, teachers
and practitioners in
primary schools,
middle schools, special
schools and Foundation
Stage settings

Status: Recommended

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Gold set: activities for parents and carers

This set of ideas for parents and carers contains:

- a suggested letter to let parents and carers know about your work on bullying;
- a fact sheet about bullying for parents/carers of children in each age group;
- a sheet that gives ideas for things to do at home.

All the documents are available on the CD-ROM as Microsoft® Word files so that you can adapt them for use in your school.

You may want to adapt the documents to make specific reference to your school's anti-bullying charter, suggesting ways in which parents/carers can become involved in this initiative.

You will want to choose the activities that you send home carefully, bearing in mind any home circumstances that may lead to sensitivities.

It is important to stress to children that the home activities can be done with any adult they would like to work with. This does not necessarily have to be a parent or carer. It might need to be someone at school, for example staff who run breakfast or after-school clubs.

Bullying: activities and information for parents/carers of children in the Foundation Stage

Something to talk about together

With this information sheet you will find a digital photograph of our class or setting with everyone learning together. We suggest you use it to talk with your child about questions like these.

- 'What do you see in the picture?'
- 'Can you see anyone you know?'
- 'When you are there, what is your favourite time?'
- 'Where do you like playing?'
- 'Who do you like playing with?'
- 'Do you ever feel sad or scared when you are there?'
- 'What do you do if you feel sad or scared?'
- 'Who do you talk to?'

Something to learn together

Do you both know the names of all the children in the class or setting? See if you can learn the names of the children in the class or setting together, plus one thing about each child.

Something to think about

Children sometimes find it hard to talk about things that might be troubling them, and don't very often respond to parents sitting down and asking them questions. Many children are more likely to talk if they are doing something else at the same time. You might like to think about when is the best time to chat together. It might be at bath time; when you are sharing a book together; or when you are walking home from school together.

It is often difficult to get your child talking. If you ask them a question like 'What did you do at school today?', they might not remember anything or just say one thing. To help get them talking, you might say:

- 'Did you sit with ... (give a name of someone in the class) when you ate your dinner?'
- 'I think you had fried elephant in your sandwiches?'
- 'I saw there was modelling clay out in the setting. Did you play with it?'
- 'Did I see you playing with Laura today? What did you play?'
- 'I thought I saw ... (give a name of someone in the setting) crying. Why was he crying?'

You might tell them about what you did today and then encourage them to say what they did in return.

Information about bullying

In this school/setting we aim to tackle bullying by trying to prevent it from happening in the first place, and by tackling it consistently, fairly and effectively when it does. The activities that your child will be doing in the setting/school over the next few weeks are part of this preventative work, and will help all the children in the setting/school to understand what bullying is, how it feels and what to do if it happens to them or they see it happening.

In your child's class or group, the focus will be on celebrating similarities and differences, because differences are often used as a reason for bullying – something that we make clear is unacceptable in our school/setting. Young children are still at the stage of learning to manage their responses to new people and experiences, and will notice and comment on things that are 'different'. This should not be discouraged. But we will be emphasising that the differences are part of what makes the world so exciting and interesting, not a reason to treat some people unfairly. Children will work on finding out what they can do when people are unkind or unfair and think about how they can make their own classroom and behaviour kind and fair to everyone.

In this school we believe that bullying is unkind behaviour. It can include physical hurting and leaving people out as well as damaging people's things and making fun of people.

We don't allow unkind or cruel behaviour in our school. But not all unkind behaviour is bullying. The key characteristics that turn unkindness into bullying are:

- that it is repeated and goes on over time;
- that it is deliberate and not accidental;
- that it involves the person doing the bullying having some sort of power over the person experiencing the bullying – usually at your child's age this power will come from being bigger, having a 'gang' of friends or having a toy or something that everybody wants to play with.

Children will often fall out with friends or say unkind things when they are angry. We will be explaining to children that this is different from bullying.

We believe that most children both use and experience bullying behaviour at one time or another, and that all children can change their behaviour, with appropriate support.

How to help your child

- Make time when your child is feeling relaxed and happy to talk about the school/setting, friendships, what they like to do in outdoor play, at lunchtime and so on.
- Watch out for signs of not wanting to go to school/setting, frequent headaches or tummy aches, and unexpected and unusual anger or tears.
- If your child tells you they are unhappy because someone is being unkind to them, listen carefully and make sure they understand that you care how they feel and take it seriously.
- Make sure that your child understands that there is nothing wrong with them and that you respect them for being brave enough to tell someone.
- Try not to suggest that your child becomes different from how they are, for example by being more assertive, or fighting back. They may feel that they are not good enough 'as they are' but this is not true. They need to know that it is the children doing the bullying who have to change their behaviour.
- Make an appointment to visit the setting/school. We will take your concerns seriously, listen to what you have to say, support and help your child and act within our anti-bullying policy. When we have found out about what has happened, we will tell you what we have found out and what we have done to help your child.

If you would like further advice, the following organisations offer a range of support.

Anti-bullying Network

Information sheets for young people, parents and school staff as well as information and links to relevant organisations.

W: www.antibullying.net

Bullying at School

Information for children and young people, advice for sisters, brothers, friends and families, school resources, links and research section, from SCRE (Scottish Centre for Research in Education).

W: www.scre.ac.uk/bully/

Bullying Online

Sections on advice for parents, pupils, teachers and youth workers, legal advice, school projects, problem page for children and young people, mobile phone bullying, racist bullying, safety in cyberspace, help for bullies, tips, links, sample letters, anti-bullying policies, outside-school issues, advice from a governor, guidelines from National Association of Head Teachers and DfES.

Tel: 020 7378 1446

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Childline

24-hour helpline for children and young people in the UK. Also teachers' packs, quizzes, stories, information sheets, policy and campaign information.

Tel: 0800 1111

W: www.childline.org.uk

Don't suffer in silence

DfES site on bullying with sections for pupils, teachers, parents and families; includes case studies, anti-bullying packs for schools, links to other sites.

W: www.dfes.gov.uk/bullying

Kidscape

Frequently asked questions on bullying for children and young people, information and training for parents and professionals, anti-bullying policies and related guidelines, peer support schemes, publications and links.

Tel: 0845 120 5204

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Parentlineplus

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Bullying: activities and information for parents/carers of children in Years 1 and 2

Something to talk about together

Read this story about Foro with your child and talk about it together. You might like to use the questions at the bottom of the page.

'I don't feel well, Dad,' Foro shouted. 'You can't make me go to school. Phone Granny, she can come to look after me.' Dad looked at Foro. She didn't look ill but she did look tired. 'OK, Foro, but you will have to stay in bed all day.' He picked up the phone and soon Granny had arrived and was busy making a special drink to help Foro get better.

Foro lay alone in bed. She was bored so she jumped out of bed and started to play with her teddies. She didn't notice Granny open the door.

'Foro,' said Granny, 'I don't think you are ill at all.'

When Dad came home, Foro was helping Granny do the baking. He ruffled her hair. 'You are looking better,' he said. Foro smiled.

'Time for school,' Dad shouted next morning. Foro snuggled down into her bed. Dad came upstairs and looked at Foro.

'I don't feel well, Dad,' she said.

'You used to love school. What is wrong?'

Foro shook her head slowly. She looked as if she was about to cry.

'Nothing, I just don't feel very well.'

- 'Do you think Foro is ill?'
- 'How many reasons can you think of for Foro not wanting to go to school?'
- 'What do you think Foro should do?'
- 'What do you think Dad should do?'
- 'Do you ever want to stay at home and not go to school?'
- 'Did you ever want to stay at home and not go to school? Why?'
- 'What did you do to make it feel OK?'

Something to learn

Share your thoughts about the things you like or liked at school and the things you hated or were/are scared of at school.

Information about bullying

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In this school we believe that bullying is unkind behaviour (which can include physical hurting and leaving people out as well as stealing or damaging people's things and making fun of people or saying nasty things to them or behind their back). We don't allow unkind or cruel behaviour in our school. But not all unkind behaviour is bullying. The key characteristics that turn unkindness into bullying are:

- that it is repeated and goes on over time;
- that it is deliberate and not accidental;
- that it involves the person doing the bullying in having some sort of power over the person experiencing the bullying.

Most children both use and experience bullying behaviour at one time or another and, of course, all children can change their behaviour.

The focus of the work which your child will be doing will be the feelings of children who are bullied and what other children can do to help.

What to do to help your child

- Make time to talk about friendships, social life, what they like to do at playtime, lunchtime, and so on, when your child is feeling relaxed.

- Watch out for signs of changes in their attitude to school, frequent headaches or tummy aches, and unexpected and unusual anger or tears.
- If your child tells you that they are unhappy because someone is unkind to them or bullying them, do listen carefully and make sure they understand that you care how they feel and take it seriously.
- Make sure that your child understands that there is nothing wrong with them and that you respect them for being brave enough to tell someone.
- Try not to suggest that your child becomes different from how they are, for example by being more assertive or fighting back. They may feel that they are not good enough 'as they are' and this is not true. They need to know that it is the children doing the bullying who have to change their behaviour.
- Make an appointment to visit the school. We will take your concerns seriously, listen to what you have to say, support and help your child and act within our anti-bullying policy. When we have found out about what has happened, we will tell you what we have found out and what we have done to help your child.

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Bullying: activities and information for parents/carers of children in Years 3 and 4

Something to do together

We are enclosing a simple board game for you to play with your child.

Something to talk about together

Your child has been asked to find out about your school when you were a child. They might have their own questions or they might use these ones.

1. Did you like school when you were young?
2. Do you think schools are better now or when you were young?
3. Would you like to be back at school?
4. Were you ever bullied or left out when you were at school?
5. If so, what happened?
6. If not, what do you think you would have done?

Information about bullying

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- that it is repeated and goes on over time;
- that it is deliberate and not accidental;
- that it involves the person doing the bullying in having some sort of power over the person experiencing the bullying.

Most children both use and experience bullying behaviour at one time or another and, of course, all children can change their behaviour.

We know that there are three groups of children involved in any bullying that goes on: the child who gets bullied, the child or children doing the bullying, and the children who watch the bullying – the witnesses.

The focus of your child's work will be on the role that witnesses play in encouraging or preventing bullying and he or she will be exploring the different things that witnesses can do in this situation.

What to do to help your child

- When your child is feeling relaxed and open, make time to talk about friendships, social life, and what they like to do at playtime or lunchtime.
- Watch out for signs of changes in their attitude to school, frequent headaches or tummy aches, and unexpected and unusual anger or tears.
- Keep the channels of communication open but don't pressurise your child to tell you – let them take their time and use their own words.
- If your child tells you that they are unhappy because someone is unkind to them or bullying them, do listen carefully and make sure they understand that you care how they feel and take it seriously.
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The rules of the game

Take it in turns to play by spinning the spinner or throwing the dice and moving your counter round the board.

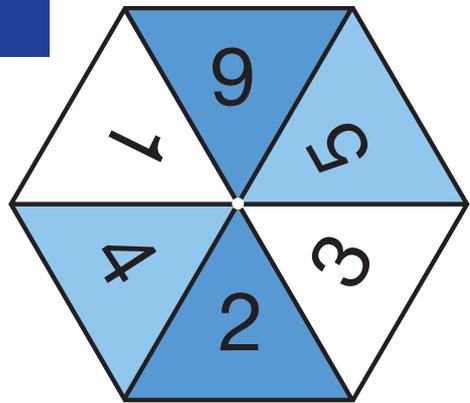
If you land on a smiley face you must say something good that happened to you today or say something nice about someone playing the game.

If you land on a star you must pick up a question card. You can answer the question, give the card to someone else or put it at the bottom of the pile.

If you are given a question card you must wait your turn and then you can answer the question or put it at the bottom of the pile.

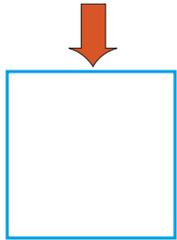
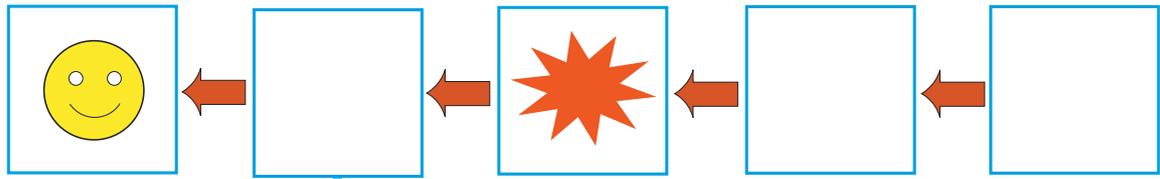
You can write your own questions on the blank cards.

**Cut out the counters, question cards and the spinner.
Make the spinner with a matchstick or pencil.**



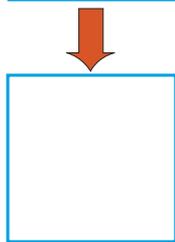
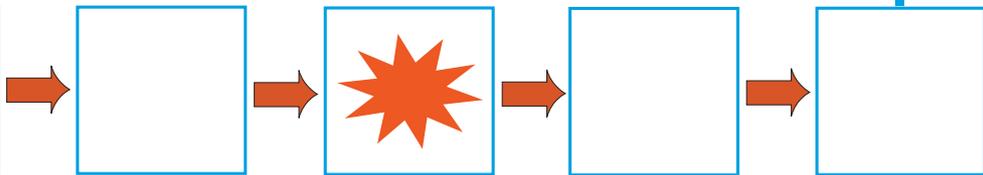
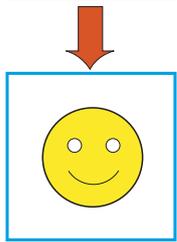
<p>Have you ever been bullied? What happened and what did you do?</p>	<p>Name three school friends.</p>	<p>How do you make yourself feel better if you are lonely or upset?</p>
<p>What is your favourite place?</p>	<p>What place don't you like at school? Why?</p>	<p>Have you been angry this week? Why?</p>
<p>What should you do if you see someone being cruel to someone else?</p>	<p>Have you got a nickname? What is it?</p>	<p>Has anyone ever called you a name you didn't like? If you want you can say what it is.</p>
<p>What is the name of your favourite grown-up at school?</p>	<p>Where is your favourite place to be if you are feeling sad?</p>	<p>What things can the people playing the game do to make you happy?</p>
<p>What is the best thing that happened to you this week?</p>	<p>Who has been friendly to you this week?</p>	<p>Are you frightened of anything?</p>

start

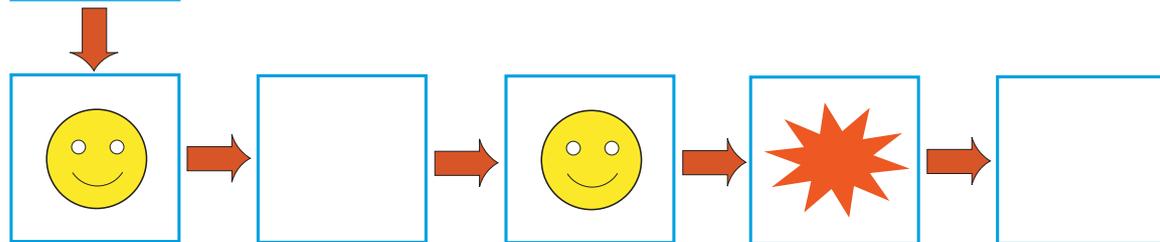
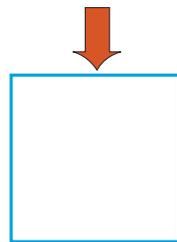
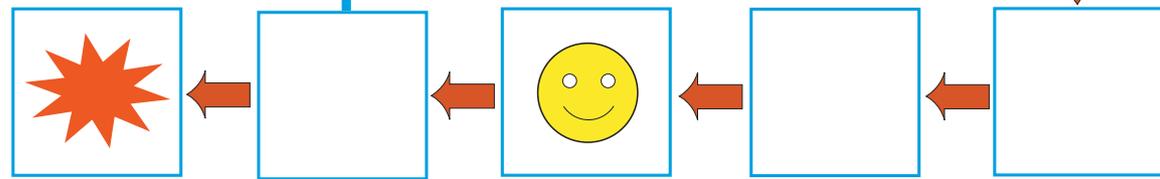


Miss a go

Go back 3 spaces



Go forward 3 spaces



finish

Bullying: activities and information for parents/carers of children in Years 5 and 6

Something to share

Explain about a time when you were involved in bullying or saw someone being bullied. Explain what you did. Ask your child what they would do if they were in your situation. Talk about the incident together.

Something to do together

Go to the library together or go on the Internet and find out any information about bullying and where you can get help.

Something to think about together

Complete the 'When things go wrong quiz' below. Try to agree the best answer together.

Quiz: When things go wrong

This quiz is a bit like a quiz from a magazine but it is written to make you think together and share your ideas. Some of the questions are about what a parent might do and others are about what a child might do. Talk about all the questions together. Circle the letter that you both agree with. It is OK if you can't agree. If you can't agree, circle two or three answers.

1. Your child comes home from school with a bruise on their arm. (parent/carer)
What would you do?
 - A. Go back to school to find out what has happened and make sure something is done.
 - B. Make a drink for you both. Sit down and have a chat about what has happened.
 - C. Say nothing but keep an eye on them to check that they are OK.
 - D. Take them straight to the doctor.
 - E. Your own idea.

.....

2. When you were on holiday, your best friend started playing with a new group. When you try to join in they tell you to get lost. (child)

What would you do?

- A. Go up to them and say that you will tell the teacher if they won't let you join in.
- B. Tell your best friend that you are feeling left out and talk about what you might do.
- C. Go and find some new friends in the class and make sure they leave your best friend out.
- D. Pretend that you are ill so you don't have to go to school.
- E. Tell your parents or carer to go and see the teacher.
- F. Your own idea.

.....

3. Your child tells you that they are very unhappy at school because they have no one to play with. The other children laugh at their trainers. (parent/carer)

What would you do?

- A. Explain that you were unhappy when you were at school. It didn't do you any harm. They should just ignore it.
- B. Go into school and see the headteacher, asking for the bullies to be excluded.
- C. Give your son or daughter a big cuddle and buy them some extra sweets. Say that they must not play with those horrible children.
- D. Give your son or daughter a cuddle. Talk about it together and go and see the class teacher if it happens again.
- E. Your own idea.

.....

4. Jack is in your class and he lives next door. You sometimes play with him at home. The other children in the class call Jack names and one day you are walking home with your other friends when they see Jack and start to push him around. They steal one of his trainers and chuck it in the river before they run off. (child)

What would you do?

- A. Stay behind with Jack and help him get the trainer out of the river.
- B. Tell the teacher at school what is happening to Jack.

- C. Run off with the other boys and stop playing with Jack at home in case they find out.
 - D. Make friends with the boys who are nasty to Jack and explain to them that Jack is all right really.
 - E. Your own idea.
-

5. Your next-door neighbour comes round to your house to ask for your help. She has a child in the same class as your child. The neighbour says that her child is being bullied at school. (parent/carer)

What would you do?

- A. Ask your child to walk to school with their child and play with them during the day.
 - B. Suggest that the neighbour should go into school to ask for the teachers' help.
 - C. Talk to your child to find out what is happening.
 - D. Nod and say you will help but do nothing.
 - E. Your own idea.
-

6. You are in the toilets and you overhear some children from another class at school. They are saying what they did on the way to school. They laughed at a girl in the class and made her cry. They took her dinner money and ran off. (child)

What would you do?

- A. Do nothing as it is none of your business.
 - B. Interrupt them and tell them that you think they are horrible bullies.
 - C. Go and tell the teacher.
 - D. Look for the girl and check she is all right. Encourage her to go and tell the teacher about what has happened.
 - E. Your own idea.
-

Information about bullying

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In this school we believe that bullying is deliberately unkind behaviour (which can include physical hurting, threatening behaviour and intimidation – including such means as anonymous notes and texts, leaving people out, putting people down, rumour-spreading and deliberately embarrassing and humiliating others). Not all unkind behaviour is bullying, however. The key characteristics that turn unkindness into bullying are:

- that it is repeated and goes on over time;
- that it is deliberate and not accidental;
- that it involves the person doing the bullying having some sort of power over the person experiencing the bullying (either because they are bigger, stronger, have more friends or have something the other person wants).

Most children both use and experience bullying behaviour at one time or another and, of course, all children can change their behaviour.

We know that there are three groups of children involved in any bullying that goes on: the child who gets bullied, the child or children doing the bullying, and the children who watch the bullying – the witnesses.

The focus for your child in the work we are doing will be children who bully others – why children might bully, effective ways of helping children to change their behaviours, and how to create an environment and ethos within the school in which bullying is unacceptable. In Year 6, children will be looking at how larger groups of people (e.g. groups in society, whole countries) use or experience bullying behaviours.

What to do to help your child

- Make time to talk about friendships, social life, schoolwork and so on when your child is feeling relaxed and open and will not interpret your interest as intrusive. Remember that children like and need some private time and space.
- Watch out for signs of changes in their attitude to school attendance or work, frequent headaches or tummy aches, unexpected and unusual anger or crying, being unusually withdrawn, or other behaviours.

- Keep the channels of communication open but don't pressurise your child – let them take their time and use their own words.
- If your child tells you that they are unhappy because someone is unkind to them or bullying them, do listen carefully and make sure they understand that you care how they feel and take it seriously.
- Make sure that your child understands that there is nothing wrong with them and that you respect them for being brave enough to tell someone.
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Information sheets for young people, parents and school staff as well as information and links to relevant organisations.

W: www.antibullying.net

Bullying at School

Information for children and young people, advice for sisters, brothers, friends and families, school resources, links and research section, from SCRE (Scottish Centre for Research in Education).

W: www.scre.ac.uk/bully

Bullying Online

Sections on advice for parents, pupils, teachers and youth workers, legal advice, school projects, problem page for children and young people, mobile phone bullying, racist bullying, safety in cyberspace, help for bullies, tips, links, sample letters, anti-bullying policies, outside-school issues, advice from a governor, guidelines from National Association of Head Teachers and DfES.

Tel: 020 7378 1446

W: www.bullying.co.uk

Childline

24-hour helpline for children and young people in the UK. Also teachers' packs, quizzes, stories, information sheets, policy and campaign information.

Tel: 0800 1111

W: www.childline.org.uk

Don't suffer in silence

DfES site on bullying with sections for pupils, teachers, parents and families; includes case studies, anti-bullying packs for schools, links to other sites.

W: www.dfes.gov.uk/bullying

Kidscape

Frequently asked questions on bullying for children and young people, information and training for parents and professionals, anti-bullying policies and related guidelines, peer support schemes, publications and links.

Tel: 0845 120 5204

W: www.kidscape.org.uk

Parentlineplus

Support for anyone parenting a child and for professionals, wide range of topics, training, information for children (7–11) and for young people (11–16), quiz, factsheets, leaflets, other publications, news.

W: www.parentlineplus.org.uk

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