



Gilbert Colvin
Primary School

Parent Forum

Gilbert Colvin Primary School

Understanding and Tackling Bullying



What Is Bullying?

- . **Definition:** Bullying is *repeated behaviour* that is intended to hurt someone emotionally or physically. It can be carried out by an individual or a group.
- . It is *deliberate, persistent*, and involves a *power imbalance*.



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Parent Reflection

- What were your experiences of school like?
- Did you witness or experience bullying?
- How was it dealt with at the time?



Types of Bullying

Type	Description	Examples
Physical	Causing bodily harm or damage	Hitting, kicking, pushing, damaging belongings
Verbal	Using words to hurt or intimidate	Name-calling, teasing, threats, insults
Social/Relational	Hurting someone's reputation or relationships	Exclusion, spreading rumours, public shaming
Cyberbullying	Bullying through digital platforms or devices	Abusive messages, fake profiles, online gossip

Online Bullying: Social Media & Gaming

- Platforms: WhatsApp, Snapchat, TikTok, Roblox, Fortnite, YouTube
- Risks:
 - Anonymous abuse
 - Group chats used to exclude or target
 - Exposure to harmful content
 - Pressure to respond or conform

Online Bullying: Social Media & Gaming

- Signs to watch for:
 - Sudden withdrawal from devices
 - Anxiety around messages or games
 - Changes in mood or sleep



Impact of Bullying

- Emotional: anxiety, low self-esteem, depression
- Social: isolation, difficulty forming friendships
- Academic: drop in performance, school avoidance
- Physical: headaches, stomach aches, fatigue



Impact of Bullying

Symptoms may include:

- Reluctance to go to school
- Unexplained injuries
- Changes in behaviour or eating habits
- Frequent complaints of feeling unwell



What Schools Should be Doing

- Clear anti-bullying policies and procedures
- Staff training and vigilance
- Safe reporting systems for pupils
- Curriculum links: PSHE, assemblies, circle time
- Involving parents and external agencies when needed



What Our School Does

- Bullying is treated as a serious breach of behaviour expectations.
- All incidents are investigated and recorded.
- Support is provided for both the victim and the perpetrator.
- Restorative approaches are used to rebuild relationships.
- Assemblies, PSHE, and pupil voice are used to promote respect and inclusion.
- Online safety is embedded across the curriculum and reinforced through workshops and newsletters.



What Parents Can Do

- Talk regularly with your child about friendships and feelings.
- Monitor online activity and set boundaries.
- Encourage open communication - let your child know they can come to you.
- Report concerns to the school promptly.
- Model respectful behaviour and empathy at home.



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Working Together

- Parent forums
- Workshops
- Volunteering for assemblies or enrichment activities



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Working Together

- Bullying is never acceptable, and every child deserves to feel safe.
- Questions, concerns, or suggestions?
- Next steps.



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Online Help and Resources Available

1. Anti-Bullying Alliance (ABA) anti-bullyingalliance.org.uk

Offers a Bullying Information Toolkit for Parents & Carers

Covers types of bullying, online safety, and how to work with schools

Includes interactive tools and links to further support services

2. NSPCC / Childline nspcc.org.uk – Dealing with Bullying

Provides step-by-step advice on how to support a child being bullied

Covers cyberbullying, spotting signs, and talking to your child

Childline offers free, confidential support for children via phone or online

3. Kidscape kidscape.org.uk

Offers parent advice lines, workshops, and downloadable guides

Focuses on building confidence, assertiveness, and safety strategies

Includes resources for children, parents, and professionals