



POULTON ST CHAD'S
CHURCH OF ENGLAND
PRIMARY SCHOOL

LOVE LEARNING. LOVE GOD. LOVE ONE ANOTHER.

Understanding Bullying: A Parent Friendly Guide

Bullying is a serious issue that can affect a child's wellbeing, confidence, and ability to learn. This short guide is designed to help you understand what bullying is, what it is not and how to support your child.

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What Bullying Is

Bullying is repeated, intentional behaviour by one or more people that hurts, harms, or humiliates another person. It involves an imbalance of power—whether physical strength, popularity, or access to embarrassing information. It is often aimed at certain groups, for example because of race, religion, gender or sexual orientation. Bullying can happen in person or online.

What Bullying Is Not

Not all unkind or hurtful behaviour is bullying. Arguments, isolated incidents, or disagreements between children of equal power are not considered bullying. However, they still provide opportunities to teach respect, empathy, and problem-solving. Staff will engage the children in restorative conversations in the cases of arguments and disagreements.

Types of Bullying

- Physical (e.g., hitting, kicking, pushing or inappropriate/unwanted physical contact)
- Verbal (e.g., name calling, ridicule, comments)
- Cyber (e.g., messaging, social media, email)
- Emotional/indirect/segregation (e.g., excluding someone, spreading rumours)
- Visual/written (e.g., graffiti, gestures, wearing racist insignia)
- Deliberate, serious damage to personal property
- Threat with a weapon
- Theft or extortion

Signs a Child May Be Bullied

Look for unexplained injuries, lost belongings, changes in mood, avoiding school, or withdrawing from friends. Children may also complain of frequent headaches or stomach aches to avoid school.

What Parents Can Do

- Stay calm and listen to your child without judgment. Remain as open minded as possible whilst you are doing this.
- Avoid criticising the other child/children involved and apportioning blame elsewhere. Listen and make notes. Don't lead your child to a certain outcome.
- Reassure them that being bullied is never their fault and it might not be bullying once it is discussed. Discuss the definition of bullying with your child to help determine whether or not bullying may be occurring
- Keep records of what's happening and contact your child's class teacher in the first instance, if incidents are repeated.
- Work with your child's class teacher to create a plan to keep your child supported.

Together we can create a safe and respectful environment where every child is guided by our biblical root: "Let all that you do be done in love." (1 Corinthians 16:14) and by our school motto: LOVE LEARNING. LOVE GOD. LOVE ONE ANOTHER.