



### What is Bullying?

Bullying can be many things but the main areas are verbal, physical and manipulative.

*Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.*

The categories of bullying include:

- Emotional – being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
- Physical - pushing, kicking, hitting, punching or any use of violence
- Racist – racial taunts, graffiti, gestures
- Sexual – unwanted physical contact or sexually abusive comments
- Homophobic – because of, or focusing on, the issue of sexuality

Remember that bullying:

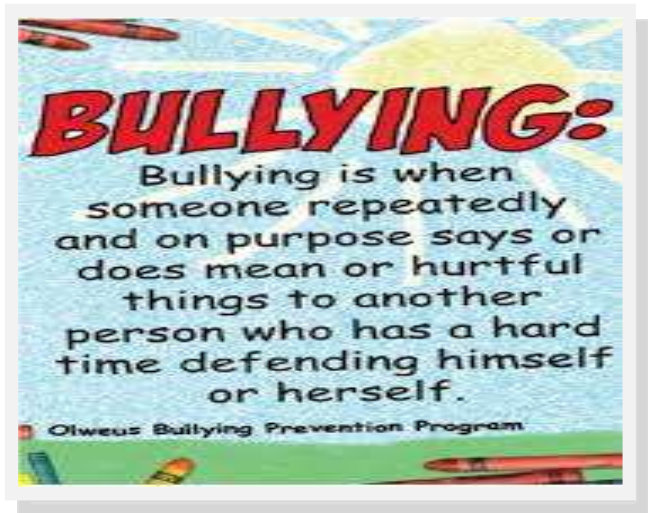
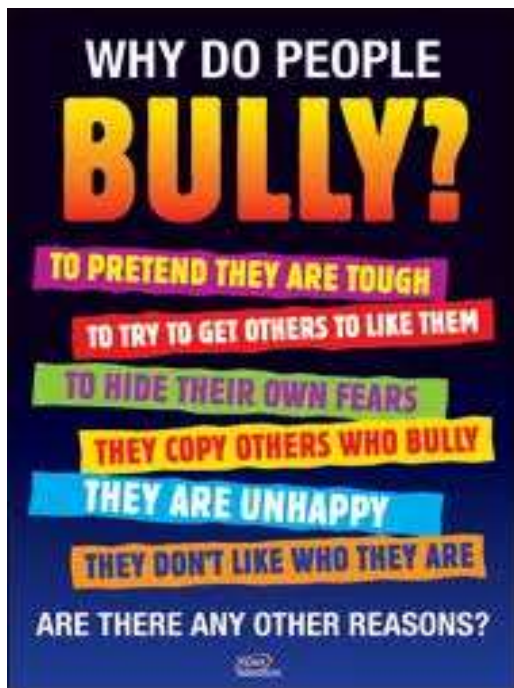
- Is repeated
- Deliberate
- Hurts
- Imbalance of power

**Not all hurtful  
behavior is bullying  
but all hurtful  
behavior is  
unacceptable.**

In Ysgol Glanrafon, we aim to create a secure, happy and stimulating environment within which, each child can develop socially, morally, emotionally, intellectually, and physically. Our children are entitled to a safe and caring school in which they can fulfil their potential.

However, we acknowledge that bullying can occur and believe that by providing guidance, we can all work together to resolve any bullying issues quickly and successfully, so that both victim and bully can enjoy and fully access all the learning experiences that we provide.

“Children who feel good about themselves are not easy to bully and do not need to bully others”



### Bullying can be:

- Asking for money
- Calling names
- Threatening
- Teasing
- "Dirty" looks
- Kicking
- Pulling hair
- Pushing
- Hitting
- Making someone do something they do not want to do
- Threatening emails or text messages
- Leaving someone out
- **Happens regularly /every day**

### Any problems?

- Discuss any issues with your child
- Contact the class teacher

### Remember

A problem shared is no longer a problem

### Signs of bullying:

- Losing money/dinner money often
- Crying themselves to sleep
- Clothes and personal belongings are damaged
- Your child not wanting to come to school
- Unexplained bruises and cuts.
- Coming home hungry.
- Scared to say what is bothering them
- Your child starts to bully brothers and sisters
- Loss of confidence
- Too scared to reply to a text message/email

If your child shows any of these signs remember to ensure that you talk to them. Listen carefully and keep calm and in control. Believe your child and take positive steps to support.

## Guidance and advice

<https://parents.actionforchildren.org.uk/behaviour/>



<https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/what-bullying>



<https://learning.nspcc.org.uk/research-resources/schools/anti-bullying-resources>

<https://www.nationalbullyinghelpline.co.uk/help-guides.html>

**Getting Help**



These helplines are always on hand to talk to if you have any worries or problems