



# Anti-Bullying

## Information for parents



### What is Bullying?

Bullying is intentional and repeated behaviour that causes physical or emotional harm to another person.

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.

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

**Remember that bullying:**

- **Is repeated**
- **Deliberate**
- **Hurts**
- **Imbalance of power**

At Ysgol Glanrafon, we aim to create a secure, happy, and stimulating environment in which every child can develop socially, morally, emotionally, intellectually, and physically.

Our pupils are entitled to a safe and caring school where they can reach their full potential.

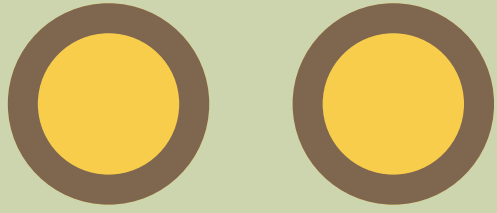
We recognise that bullying can occur, and we believe that through clear guidance, support, and teamwork, we can resolve any incidents quickly and effectively. Our goal is for both the victim and the bully to feel supported, learn from the experience, and fully engage with all the learning opportunities our school provides.

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

A copy of the full School Anti-Bullying Policy is available on our website.



# Types of Bullying



## Physical Bullying

Intentionally injuring another person by striking, pinching, pushing, kicking, or damaging their property.

## Verbal Bullying

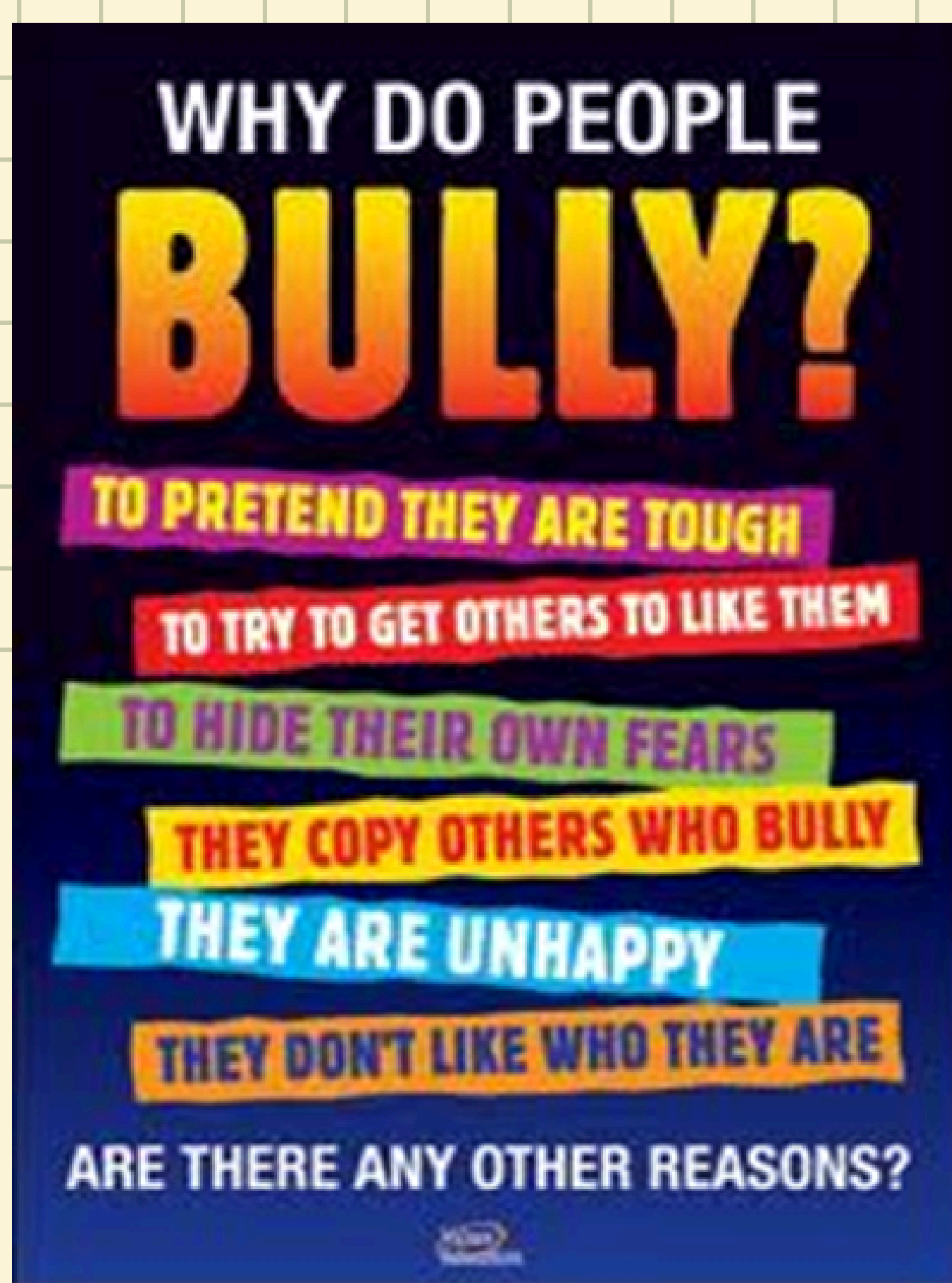
Name-calling, teasing, threats or insults.

## Psychological Bullying

Social / emotional: excluding someone from a group, spreading rumours, or deliberately ignoring them.

## Cyberbullying/Online

Sending nasty messages, sharing photos or videos to cause embarrassment or harm.



### **Signs that a child may be experiencing bullying**

- Changes in mood or behaviour – becoming anxious, withdrawn or unusually quiet.
- Avoiding school or complaining of illness frequently.
- Unexplained injuries or damaged/lost belongings.
- Drop in school performance or difficulty concentrating.
- Trouble sleeping or low self-esteem.

### **How parents can help...**

- Listen to your child without judging or interrupting.
- Keep a record of what they say or show you.
- Do not encourage retaliation – report it to the school instead.
- Contact the class teacher (or the Headteacher / Designated Safeguarding Person.)
- Encourage your child to stay close to friends and to speak up when something happens.
- Do not confront other parents please contact the school

## Useful Links and Resources

Childline: <https://www.childline.org.uk>  
Free and confidential advice for children and young people (Tel: 0800 1111).



Anti-Bullying Alliance: <https://www.anti-bullyingalliance.org.uk>

Practical information for parents and carers on preventing and responding to bullying.



Parent Talk <https://parents.actionforchildren.org.uk/school-life/school-behaviour-wellbeing/my-child-is-being-bullied/>



NSPCC – Bullying and Cyberbullying:

<https://www.nspcc.org.uk>

Guidance on how to talk to children about bullying and how to report concerns.



Welsh Government – Respecting Others: Anti-Bullying Guidance:

<https://www.gov.wales/respecting-others-anti-bullying-guidance>



Children's commissioner

<https://www.childcomwales.org.uk/>



### Any concerns?

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

Remember

A problem shared is no longer a problem

## How the School Will Help

We will listen to all sides carefully and treat all concerns seriously. We will take appropriate action in line with our Anti-Bullying Policy. We aim to support both the victim and the child displaying bullying behaviour to help them change and move forward positively.

**Every child has the right to feel safe, valued, and respected. Together, we can ensure that Ysgol Glanrafon remains a place where all pupils can thrive.**