Anti-bullying

Information for Parents/Carers

What is Bullying?

Bullying can take many forms, but the main elements are verbal, physical and cruel behaviour.

Bullying happens repeatedly and deliberately to hurt an individual or group, by an individual or group, where the relationship contains an imbalance of power. It can happen face-to-face or online.



Not all behaviour that hurts is bullying, but all behaviour that hurts is unacceptable.

Remember that bullying is:

- **Repeated**
- **Intentional**
- **Hurtful**
- **Imbalance of power**

At Ysgol Glanrafon, we strive to create a safe, happy and vibrant environment where every child can develop socially, morally, emotionally, spiritually and physically.

Our pupils deserve a safe and caring school where they can reach their full potential.

We recognise that bullying can happen, and we believe that through clear guidelines, support and teamwork, we can resolve any incidents quickly and effectively. Our aim is for the victim and the child who bullies to feel supported, learn from the experience, and participate fully in every learning opportunity provided by the school.

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

A copy of the school's full Anti-Bullying Policy is available on our website.

Types of bullying



Physical Bullying

Intentionally causing harm to another person by hitting, pushing, kicking, or damaging their property.



Verbal Bullying

Name-calling, insulting, threatening or mocking.



Psychological Bullying

Excluding someone from a group, spreading rumours, or deliberately humiliating them.



Online Bullying

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

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Iaith i'w thrysori



WHY DO PEOPLE BULLY?

TO PRETEND THEY ARE TOUGH

TO TRY TO GET OTHERS TO LIKE THEM

TO HIDE THEIR OWN FEARS

THEY COPY OTHERS WHO BULLY

THEY ARE UNHAPPY

THEY DON'T LIKE WHO THEY ARE

ARE THERE ANY OTHER REASONS?

Signs that a child may be being bullied

- Changes in mood or behaviour – becoming anxious, withdrawn or very quiet.
- Avoiding school or frequently complaining of illness.
- Unexplained injuries or broken/missing property.
- A drop in school performance or difficulty concentrating.
- Sleep problems or low self-esteem.

What Parents/Carers Can Do

- Listen carefully to your child and take what they say seriously.
- Stay calm – reassure them that this is not their fault.
- Keep a record of what happened (dates, people involved, screenshots if online).
- Encourage open communication – ask how they would like you to help.
- Contact the school as soon as possible. Speak to your child's class teacher, Head of Department, Headteacher, or Designated Safeguarding Person.
- Do not engage directly with other parents or children – let the school deal with the situation appropriately.

Together, we can put an end to bullying and support every child to feel safe.

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Useful Links and Services

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

Anti-Bullying Alliance:
https://www.anti-bullyingalliance.org.uk
Practical information for parents and carers on preventing and dealing with bullying.

NSPCC – Bullying and Online Bullying:
https://www.nspcc.org.uk
Guidance on how to talk to children about bullying and how to report concerns.

Welsh Government – Respecting Everyone: Anti-Bullying Guidance:

Children's Commissioner
https://www.childcomwales.org.uk/

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

What to do?

- Talk to your child
- Speak to your child's teacher
- Remember that a problem shared is a problem halved

How the School Can Help

We will listen carefully to all sides and consider every concern seriously. We will respond appropriately in line with our Anti-Bullying Policy.
Our aim is to support the victim and the child who bullies so that they can change their behaviour and move forward positively.

Every child has the right to feel safe, valued and respected.

Together, we can ensure that Ysgol Glanrafon is a place where every pupil can thrive.