

## If You're a Parent/Carer and Need More Support

If parents/carers need more support we advise them to:

- Check with the school's anti-bullying policy to see if agreed procedures are being followed
- Make an appointment to discuss the matter further with the Head Teacher; keep a record of the meeting
- You can then follow the school and Local Authority complaints procedure if you feel the matter has not been dealt with correctly

*If you feel you need additional and independent support or advice you can contact one of the below agencies:*

Advisory Centre for Education (ACE)	0207 354 8321
Children's Legal Centre	0845 345 4345
KIDSCAPE Parents Helpline	0845 120 5204 <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>
Parentline Plus	0808 800 2222
Youth Access	0208 772 9900
Bullying Online	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>

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*A full copy of our Behaviour Policy and Anti-Bullying Policy is available on our website and at our school office.*

**If you have any further questions or want some advice on bullying, please don't hesitate to contact the school.**



### Carlton Primary School

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Web: [www.carlton.camden.sch.uk](http://www.carlton.camden.sch.uk)  
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## Carlton Primary School

# Parent/Carer Guide to our Anti-Bullying Policy



*In line with Public Sector Equality  
Duty*

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# Anti-Bullying Guidelines

At Carlton we believe that all pupils have a right to learn in a supportive, caring and safe environment without the fear of being bullied. We promote good behaviour. It is made clear that bullying is a form of anti-social behaviour; it is wrong and will not be tolerated.

We recognise that bullying may occur in the school at some time. We do not tolerate bullying, abuse or harassment of any kind.

We believe that all learners are of equal worth and should be enabled to achieve their full potential. Children have the right to be educated in an environment where they feel valued, respected and safe; including freedom from bullying/harassment, cyber-bullying, prejudice bullying related to special educational needs, sexual orientation, gender, race or religion.

Bullying deprives pupils of this right and denies access to the full curriculum. We believe that pupils who suffer regular, ongoing bullying cannot achieve their full academic or social potential.

## Our Aim

Our aim is to:

- Ensure they understand what bullying is
- Ensure pupils feel safe to report incidents of bullying concerning themselves or others
- Ensure that we support and guide the perpetrators of bullying, so they understand the implications of their actions and change their behaviour
- Ensure parents feel safe and are willing to discuss their concerns with all staff
- Ensure staff know how to deal with incidents of bullying
- Ensure all adults feel safe to discuss bullying from other adults within the school community and that action is taken to deal with this

## What is Bullying?

Bullying can be described as being a deliberate act done to cause distress solely in order to give a feeling of power, status or other gratification to the bully. It is regular and ongoing. Bullying can occur through several types of anti-social behaviour. It can be:

- Physical
- Psychological
- Social
- Verbal (including internet/mobile)
- Damage to property or theft



At Carlton we empower our children each term during circle time, Social Emotional Aspects of Learning (SEAL), Personal Social Health Education (PSHE), and Citizenship Curriculum e.g. Anti-Bullying Week & Friendship Week. Positive Behaviour Policy and the general overall aims and values of the school

## If an Incident of Bullying Occurs

We teach the children to use the following strategies:



### Pupil Advice

- a. Remember that your silence is the bully's greatest weapon
- b. Tell yourself that you do not deserve to be bullied and that it is wrong
- c. Be proud of who you are. It is good to be an individual
- d. Try not to show to the bully that you are upset. It is hard, but a bully thrives on someone's fear
- e. Stay with a group of friends/people. There is safety in numbers
- f. Be assertive—shout NO! Walk confidently away. Go straight to a teacher or member of staff

- g. Fighting back may make things worse
- h. First it is best to tell an adult you trust straight away. You will get immediate support
- i. Teachers will take you seriously and will deal with bullies in a way which will end the bullying and will not make things worse for you
- j. TELL your parents or carers or somebody you can trust

## Support for Bullying Behaviour

The school recognizes the need to work with/to include and support rather than exclude. Behaviour system will be adhered to with consequences for this behaviour.

Parent/carers are informed and specific interventions and meetings are set up to foster positive behavior and understand causes of bullying. Key adults/mentors are assigned to support and monitor future behaviour.

In accordance with the school positive behaviour policy, if bullying persists, the school exclusion policy will be adhered to.

## Parent/carer Advice

We advise parents/carers to:



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- Calmly talk with your child about his/her experience
- Make a note of what your child says, particularly who was said to be involved; how often the bullying has occurred; where it happened and what has happened
- Reassure your child that he/she has done the right thing to tell you about the bullying
- Explain to your child that should any further incidents occur he/she should report them to a teacher immediately
- Make an appointment to see any appropriate member of staff
- Explain to the member of staff the problems your child is experiencing