

# ANTIBULLYING:

EVERY DAY, NOT JUST FOR A WEEK



## ONE INCIDENT IS NOT BULLYING

It is considered peer to peer conflict. Whilst it most certainly is not acceptable and will be dealt with as per procedures. It is important to understand what the term bullying actually means for both parents and students.

**Bullying** is any behaviour – physical, verbal, social, or online – that is **repeated** and hurts, threatens, or isolates someone. It affects a child's confidence, wellbeing, and ability to learn, which is why it has no place in our school.

During Anti-Bullying Week, our students explored what bullying looks like, how to speak up safely, and how to support others. But our commitment continues all year through daily reminders, class discussions, and a school culture rooted in kindness, respect, and inclusion.

It's also important to remember that situations can sometimes be **two-sided**. Children may not always share the full story – they may minimise what's happening to them, leave out parts, or sometimes exaggerate an incident because of strong emotions. There is often truth in what they say, but it may come with added layers. This is why open communication between home and school is essential.

# ANTIBULLYING:

## HOW PARENTS CAN HELP



### WHAT HELPS

- Talking regularly with your child about friendships and feelings
- Supporting them in understanding and managing strong or negative emotions
- Encouraging them to report concerns early
- Listening calmly without assumptions
- Staying connected with teachers to understand the full picture

### WHAT DOESN'T HELP

- Telling children to “ignore it” when it’s repeated
- Encouraging them to fight back
- Sharing incidents publicly on social media
- Speaking directly to other children involved