



SAFEGUARDING UPDATE

WHAT IS BULLYING AND WHO IS MORE VULNERABLE?

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. It can happen online (cyber-bullying) and both in and out of school, and can be prejudice-based or discriminatory.

Bullying can have significant effects on children's mental health, including into adulthood. Children who are bullied might also do less well at school and have fewer friends.

Some children may be more vulnerable to bullying due to perceived differences, like:

- Having special educational needs or disabilities
- Characteristics such as race, religion or sexual orientation
- Being adopted or in care
- Suffering from a health problem
- Having caring responsibilities



WHAT STAFF CAN LOOK OUT FOR:

- Truanting or seeming reluctant to attend school
- Physical injuries, such as unexplained bruises
- Belongings getting "lost" or damaged
- Not doing as well at school
- Being nervous, losing confidence, or becoming distressed and withdrawn
- Nervous or secretive behaviour when online
- Problems with eating or sleeping



WHAT STAFF CAN DO:

- If you think a pupil is suffering or at risk of suffering significant harm, treat a bullying incident as a child protection concern. Discuss your concerns with our DSL/DDSL and CPOMS an incident as soon as possible
- If a pupil tells you about prejudice-based or discriminatory bullying:
 - > Listen and take them seriously
 - > Show empathy
 - > Let them know it's not their fault and they were right to tell you
 - > Avoid stereotypes
 - > Please follow our procedures at all times

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UPDATES FROM ST. AIDAN'S C OF E HIGH SCHOOL

NOVEMBER 2022

WHAT PARENTS/CARERS SHOULD LOOK OUT FOR:

Harmful talk can take many forms, ranging from the blatantly hostile to the more subtle. Here are some examples of the type of thing to look out for:

- Jokes that put down a particular group (for example, people of a certain ethnicity, sexuality or gender)
- Frequently rating or comparing the opposite sex on their apparent attractiveness and behaviour and, more generally, a focus on another's appearance above other parts of who they are
- Sexual comments about someone with no apparent respect for their thoughts or feelings
- Using any "name calling" as an insult or in a negative way
- Misogynistic terms and any other sexist attitudes that give words their derogatory meaning
- Stereotypes about people of minority ethnicities



WHAT PARENTS/CARERS CAN DO:

- Regularly check in with your child about how things are with their friends and at school
- Make sure nothing is making them feel uncomfortable, upset or even "just a bit weird"
- Ask about specific apps and platforms and what kind of things are being shared on there.
It always helps if these check-ins form part of a wider interest in your child's social life, online and off

HOW CAN A PARENT/CARER SUPPORT THEIR CHILD IN STEPPING AWAY FROM AND CHALLENGING THIS BEHAVIOUR WHEN THEY COME ACROSS IT?

- Resisting peer pressure to join in (whether this pressure is active or passive) is a sign of strength and courage
- Most young people (as well as adults) think that being kind to one another is one of the most important things in life, but often play down their core values because they think that others don't think the same. The chances are that if you encourage your child not to join in, or even better if they challenge certain comments, most of the other people will (deep down) agree
- Warn your child that in certain circumstances that being challenged, can often cause others to become defensive, but they may still be less likely to do it again
- When someone acts in tune with their deepest values, they feel better and more at peace with themselves
- Challenge what your child is doing, if you know that they are involved with any bullying behaviours, follow up after with a more exploratory chat at a later point
- If your child is aware of any form of bullying taking place either towards themselves or others, please encourage your child to speak to a member of staff at the earliest opportunity

IMPACT:

Children and young people who have experienced bullying are more likely to:

- Face barriers to learning
- School refuse
- Be excluded
- Retaliate
- Place strain on families/carers
- Self harm and experience depression
- Have impaired wellbeing



As always, please always contact your child's Head of Year with any concerns you may have about your/another child.