

## Facts About Bullying

The following facts were used in Birmingham's anti-bullying campaign to raise awareness about bullying.

### Fact 1:

Pupils find all kinds of bullying behaviour unpleasant. Both boys and girls report that having nasty rumours spread about them the most distressing kind of bullying.

### Fact 2:

1 in 4 primary aged pupils and 1 in 10 secondary aged pupils are bullied each term. 1 in 20 pupils are bullied relentlessly day in, day out. Often this lasts for months and even years.



### Fact 3:

Over the last three years, 18 children and young people have been seriously injured or have died as a result of bullying. Without exception, each case started with a little bit of name-calling or teasing.

### Fact 4:

1 in 3 pupils feel ill and have difficulty concentrating when they are bullied.

### Fact 5:

5% of pupils take time off school to avoid being bullied.

### Fact 6:

All pupils are at risk of being bullied or bullying others – pupils with high self-esteem, who are successful and talented, who have many friends are bullied.

### Fact 7:

Bullying happens in groups. Up to 80% of pu-

pils in a class may be involved in bullying.

### Fact 8:

Expecting bullied pupils to stand up for themselves is unrealistic and unlikely to be effective. Effective responses tackle the group culture.

### Fact 9:

50% of pupils don't tell anyone they are being bullied. Parents/carers or friends are usually the first to know and teachers are the last. More often than not, teachers will suspect bullying is going on but have no evidence.

### Fact 10:

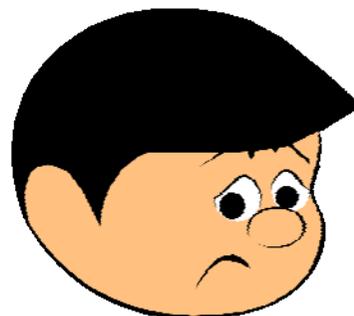
9 times out of 10, when a teacher or supervisor comes across a bullying situation, they misinterpret the retaliation of the victimised pupil as provocation. Hardly any pupils provoke bullying.

### Fact 11:

Schools can reduce levels of bullying by as much as 80%.

### Fact 12:

Whole school approaches which actively involve all governors, staff, pupils and as many parents/carers as possible are the most effective in reducing bullying.



Together We Can  
Stop Bullying

## Information for Parents & Families

### Information for parents and families

Every school is likely to have some problem with bullying at one time or another. Here at Green Meadow we have an *anti-bullying and anti-harassment policy*, and use it to reduce and prevent bullying because we believe that :

*'All children, young people and adults have the right to learn and work in an environment where they feel safe and that is free from harassment and bullying.'*

(Birmingham LEA : Sept 2000)



Bullying behaviour includes:

- name calling and nasty teasing
- threats and extortion
- physical violence
- damage to belongings
- leaving pupils out of social activities deliberately and frequently
- spreading malicious rumours

Parents and families have an important part to play in helping schools deal with bullying.

We view bullying very seriously, however we can only act when informed of a situation. When informed we guarantee that the matter will be dealt with effectively through the implementation of the process outlined in our Anti-Bullying Policy.

### Parents of the victim

- Parents who are concerned that their child is being bullied or harassed, should contact their child's class teacher immediately.

### Parents of the bully

- Parents who suspect that their child may be the perpetrator of bullying or harassment, should contact their child's class teacher immediately.
- Parents have a responsibility to support the school's anti-bullying and anti-harassment policy and to actively encourage their child to be a positive member of the school.

## Strategies for Pupils

### If you are being bullied:-

- Try not to show that you are upset – although this is difficult.
- Try to ignore the bullies – then go to an adult and report what has happened.
- Walk very quickly and confidently – even if you don't feel that way inside.
- Try being assertive – shout loudly if you need to.

You have the right not to do something. Repeat responses or requests like a broken record when being pressurised.  
i.e. *"I want you to give my ruler back."* *"I want you to give my ruler back."* *"I'm not going to lend you my bike."* *"I'm not going to lend you my bike."*

- Get your friends together and say "no" to the bully. Stay with a crowd. Say "Go away," "This isn't funny" and walk away.
- If you are different in any way, be proud of it – it's good to be an individual. Avoid being alone in places where bullying happens.
- If you are in danger, get away.

**Tell an adult you can trust.**

- Teasing and insults:
  - 1) Returning abuse encourages the other person.
  - 2) Try to show you are not hurt by abuse.
  - 3) Appear to accept the abuse "That's right." "I know."
  - 4) Be pleased with yourself. Don't worry about what the bully thinks of you, remember you are a nicer person than they are.

All pupils have a responsibility to and for each other. By working together we can stop bullying happening in our school.

### You can help stop bullying:-

- 1) Don't stand by and watch – fetch help.
- 2) Show that you and your friends disapprove.
- 3) Give sympathy and support to children who may be bullied.
- 4) Be careful about teasing or personal remarks – imagine how you might feel.

If you know of serious bullying, tell a trusted adult. It's not telling tales, the victim may be too scared or lonely to tell.

## Resources for Parents

The following resources are available for parents in order to support our anti-bullying policy.

- 101 Ways to deal with Bullying (B)
- How to stop bullying (B)
- Be a loud mouth (P)
- Primary Child Protection Programme (B/V)
- Keeping Safe(B)
- Feeling Happy, Feeling Safe(B)
- Stop Bullying(B)
- Preventing Bullying(B)
- Preventing Racist Bullying(B)

(V=video/B= booklet/P=poster)



