























## Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs; they should investigate if a child:

-  is frightened of walking to or from school
-  doesn't want to go on the school / public bus
-  begs to be driven to school
-  changes their usual routine
-  is unwilling to go to school (school phobic)
-  begins truanting
-  becomes withdrawn anxious, or lacking in confidence
-  starts stammering
-  cries themselves to sleep at night or has nightmares
-  feels ill in the morning
-  begins to do poorly in school work
-  comes home with torn clothes or damaged books
-  has possessions go "missing"
-  asks for money or starts stealing money (to pay the bully)
-  continually "loses" money
-  has unexplained cuts or bruises
-  becomes aggressive, disruptive or unreasonable
-  is bullying other children or siblings
-  stops eating
-  is frightened to say what's wrong
-  attempts to run away
-  gives improbable excuses for any of the above

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

# British School of Paris

## Senior School



# ANTI-BULLYING




# ADVICE TO PARENTS

## AIMS OF THE ANTI-BULLYING POLICY

As stated in our philosophy and objectives document, we are committed to providing a caring, supportive, friendly and safe environment for all of our pupils so that they can learn in a relaxed and secure atmosphere. Bullying of any kind is always unacceptable and will not be tolerated at the British School of Paris. If bullying does occur, all pupils should be able to talk to someone about it, safe in the knowledge that incidents will be dealt with promptly and effectively. Bullying is not a spectator sport. It is our policy to encourage an atmosphere where **anyone who knows that bullying is happening is expected to talk to a member of staff.**





## DEFINITIONS

Bullying:

-  is deliberately aggressive
-  happens in an unequal power relationship
-  results in pain and distress

**Bullying can be defined as the repeated intimidation of a pupil, intentionally carried out by a more powerful pupil or group of pupils in order to cause physical and/or emotional hurt.**

It is important to respond to bullying because

-  bullying hurts
-  no one deserves to be a target of bullying
-  everybody has the right to be treated with respect
-  pupils who are bullying need to learn different ways of behaving

**The British School of Paris is determined to respond promptly and effectively to issues of bullying**

## What to do if you think that your child is being bullied

If you see any of the signs of bullying, ask your child about it. If you don't get a response, ask his/her friends. Make sure that your child knows that you understand and that you are taking it seriously.

### What to do if your child has witnessed bullying

Encourage them to speak to a member of staff. If they are reluctant to do this themselves, encourage them to allow you to do it on their behalf.

### In each case

Explain to your child that getting help from School is a good way of getting the bullying stopped: it can often be stopped very quickly if it is dealt with at an early stage. Reassure them that telling the School will not make matters worse.

### What to do if you think that your child is a bully

Remember that even the most pleasant pupils can bully others. Try to find out why they are bullying. Contact the school to ask about support for your child.

### Who to contact

We would encourage you to speak to your child's Tutor or Key Stage Coordinator. It is important that you speak to someone as quickly as possible: any member of staff will be prepared to listen to you.

**Please contact the School as fast as you can.**

### What will happen next?

Your concerns will be taken seriously. A member of the Pastoral Team will interview the pupils concerned and investigate the bullying. The staff will follow the procedure detailed in the Anti-Bullying Policy Document. A copy is available from School if you wish.