



# Cookstown High School

## Anti-Bullying Information for Parents/Carers

(A full copy of the school's Anti-Bullying Policy can be found on the school website.)



### Addressing Bullying in Schools Act (2016) Definition of "bullying":

1.—(1) In this Act "bullying" includes (but is not limited to) the repeated use of—

- (a) any verbal, written or electronic communication,
- (b) any other act, or
- (c) any combination of those, by a pupil or a group of pupils against another pupil or group of pupils, with the intention of causing physical or emotional harm to that pupil or group of pupils.

(2) For the purposes of subsection (1), "act" includes omission.

### Support Agencies

There are numerous external agencies that can provide additional help.

**NIABF c/o National Children's Bureau:** Tel: 028 9087 5006 [www.endbullying.org.uk](http://www.endbullying.org.uk)

**Childline Helpline:** 0800 1111 (24 hours) [www.childline.org.uk](http://www.childline.org.uk)

**Childnet International:** [www.childnet-int.org](http://www.childnet-int.org)

**Education Support for Northern Ireland:** [www.education-support.org.uk](http://www.education-support.org.uk)

**Equality Commission for Northern Ireland:** Tel 028 90 500 600 [www.equalityni.org](http://www.equalityni.org)

**Thinkuknow:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**UK Safer Internet Centre Helpline:** Tel 0844 381 4772 [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

**Mencap—Don't Stick It, Stop It! Helpline:** Tel 0808 808 1111 [www.dontstickit.org.uk](http://www.dontstickit.org.uk)  
[www.mencap.org.uk](http://www.mencap.org.uk)

**National Autistic Society Helpline:** Tel 0845 070 4004 [www.nas.org.uk](http://www.nas.org.uk)

### Bullying can be:

- **Verbal**
- **Written**
- **Physical**
- **Emotional**
- **Cyber/electronic**

is it  
**BULLYING?**

When someone says or does something *unintentionally* hurtful and they do it once, that's  
**RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's  
**MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's  
**BULLYING.**



- ⇒ Every bullying concern will be taken seriously
- ⇒ Not every concern will be found to be bullying...it must meet the definition of bullying
- ⇒ Every instance of bullying or socially unacceptable behaviour will be dealt with



**Knowing how to respond to bullying is really important.**

**Parents/carers should follow these steps if they have a concern about bullying in Cookstown High School:**

What can I do?

- S** Start
- T** Telling
- O** Other
- P** People

A Friend, Mum/Dad, Teachers, School Buddies, Lunch time Staff.

Any other trusted adult

**MOST IMPORTANTLY:-**

**Start Telling Other People!**

- Contact the pupil's Form Tutor or Head of Year
- Share the details of your concern
- Allow time for the concern to be explored



### **Some signs and symptoms of bullying**

- Becoming withdrawn
- 'Losing' belongings
- Reluctance to go to school or activities
- Changes in mood or behaviour
- Feeling anxious
- Difficulty sleeping
- Wanting a different journey to and from school

Remember, there may be other reasons for these signs, so try to avoid jumping to conclusions

### **Advice for parents/carers**

- When you are supporting your son/daughter through a concern about bullying, encourage him/her to tell someone about what has happened
- Write down the details of what has happened
- Share all the details with the Form Tutor or Head of Year
- Encourage your son/daughter to stay with friends
- If your son/daughter sees someone being bullied, encourage him/her to tell an adult
- If you are unhappy with the outcome of a concern, then the procedure for raising a complaint should be followed