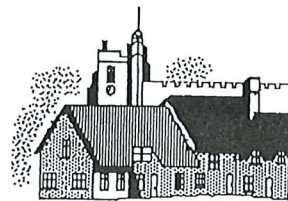


# Cavendish Church of England Primary School

Cavendish Church of England Primary School  
The Green Cavendish  
Sudbury Suffolk CO10 8BA

Headteacher: Miss C E Wass

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15<sup>th</sup> November 2022

Dear Parents and Carers

## Anti-Bullying Week

This week teachers will be spending time with each class ensuring that every child is able to identify bullying behaviours and is confident in seeking help and understanding school systems of support.

We are enclosing a parent information sheet summarising the school's perspective and hope you find this helpful. Our school is fully inclusive and we have a zero tolerance policy on any kind of prejudicial discrimination or intimidation. Please note that this includes language and negative comments made implicating reference to prejudicial attitudes to any of the protected characteristics under the Equality Act 2010.

Please do not hesitate to contact your child's class teacher or myself if you have any further questions.

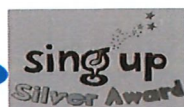
Yours sincerely

A pink handwritten signature, appearing to read 'Cheryl Wass', written in a cursive style.

Cheryl Wass  
Headteacher



Artsmark  
Silver Award  
Awarded by Arts  
Council England







Remember to...

# High 5

1. Ignore



2. Talk Friendly



3. Walk Away



4. Talk Firmly



5. Report





# Types of Bullying



#ANTIBULLYINGWEEK

**Bullying** is repeated behaviour that is intended to hurt someone either emotionally or physically. It can take many different forms.



## Physical Bullying

Physical action intended to hurt or intimidate another person, for example punching, kicking or tripping, or touching them or their possessions in unwanted or inappropriate ways.



## Verbal Bullying

Using cruel or abusive language (written or spoken) to hurt another person, for example name-calling, making threats or making disrespectful comments about their appearance or other characteristics.



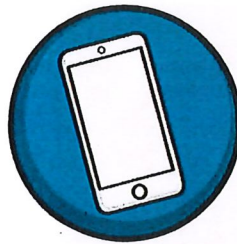
## Psychological Bullying

Actions and behaviour intended to negatively affect another person's mental health and/or wellbeing, for example deliberately isolating or excluding them, threatening, humiliating, or manipulating them.



## Sexual Bullying

Targeting someone with sexual actions or comments, including uninvited inappropriate touching or sharing intimate photos of someone without their permission.



## Cyberbullying

Using electronic communication, such as social networking sites, gaming sites, chat rooms or messaging apps to send hurtful messages or make comments about another person.



Some bullying actions might fall into more than one of these groups, while others may not obviously fit into any of them. If you think that you or someone you know is being bullied, speak to a trusted adult.

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools – [CPD anti-bullying online training courses](#). Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today.



# Talking to 6-10 year olds



## Before you start the conversation



Think about when and where is the best is to talk to them - in the car or a neutral place where they feel safe



Jot down what you want to say to focus your mind and make the conversation relevant to them



Be open and encouraging to make them feel supported



Have a few bite sized conversations to give them time to process

## What you need to know

13

Think carefully about allowing your child on social media as the minimum age on most networks is 13 years old



Cyberbullying can take place 24/7 and happens repeatedly on a range of apps, games and devices



Younger children can confuse any nasty comment or opinion as 'bullying' so their understanding of bullying can be different to that of adults



Bullying is a learnt behaviour - so it's important to set a good example and regularly reinforce how being a good digital citizen



## Tips to prevent cyberbullying



### Be engaged

Talk to your child about what they like to do online and what they know about staying safe  
– [see tips from Childnet](#)



### Be kind online

Being positive and respectful online is key to using the internet safely. Share '[Top Internet Manners](#)' with them



### Know how to report

Make sure your child knows how to report cyberbullying if it happens to them or someone else

## Tips to deal with cyberbullying



Make sure your child knows they can share anything that upsets them online with a trusted adult. Watch Childnet's Captain Kara video '[T for Tell](#)'



**Never retaliate** – remind your child that saying mean things back to a bully makes the situation worse



**Save the evidence** – encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult



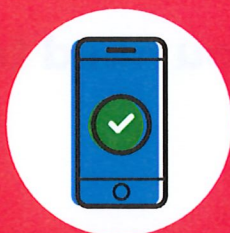
**Explore the games and apps** your child uses together and find report and block buttons to understand what they do

## Actions you can take to support them



### Listen and help

Allow your child to explain what has happened and talk about it before making judgements



### Don't deny access

It can be tempting to ban devices or using the internet to prevent the bullying but this isn't a solution and can make a child feel worse



### Know how to get help

Your child's school can help you deal with cyberbullying and provide support and advice. If you feel the law has been broken then online bullying can also be reported to [your local police force](#)

### WANT MORE HELP?

For more information visit: [internetmatters.org/issues/cyberbullying](https://internetmatters.org/issues/cyberbullying)