Anti-Bullying Guide for Parents and Carers

Rossett Acre Primary School
Linked to our Anti-Bullying Policy 2026 - 2027
and Keeping Children Safe in Education 2026

Our commitment: We want every child at Rossett Acre Primary School to feel safe, valued and included. Bullying is not tolerated. If a concern is raised, we will listen carefully, investigate fairly and work with children and families to make sure pupils are supported and safe.

What is bullying?

Bullying is behaviour by an individual or group, usually repeated over time, that intentionally hurts, threatens, humiliates or excludes another child or group of children. It often involves an imbalance of power, which means the child experiencing bullying may find it difficult to defend themselves or make it stop.

Sometimes a single serious incident may still be treated as bullying, particularly if it is discriminatory, hate-related, online, threatening or places a child at risk of harm. Where there is any concern that a child is unsafe, we will follow our safeguarding procedures in line with Keeping Children Safe in Education 2026.

Bullying can include:

- physical bullying, such as hitting, pushing, kicking or damaging belongings;
- verbal bullying, such as name-calling, taunting, threats or hurtful comments;
- social or emotional bullying, such as excluding someone, spreading rumours or encouraging others to leave someone out;
- online bullying, such as hurtful messages, images, posts, group chats or sharing content intended to upset or embarrass someone;
- prejudice-related bullying, including racist, faith-related, sexist, sexual, homophobic, biphobic, transphobic, disability-related or appearance-related bullying.

How is bullying different from falling out?

All schools experience disagreements and friendship difficulties between pupils. These incidents are taken seriously, but they are not always bullying. Bullying usually involves a deliberate intention to hurt, an imbalance of power, and behaviour that is repeated or persistent.

What should parents and carers do if they are worried?

If you are worried that your child may be being bullied, please contact your child's class teacher in the first instance. We would always rather know about a concern early so that we can listen, investigate carefully and put support in place.

- Listen calmly and reassure your child that they have done the right thing by telling you.
- Let your child know that bullying is never their fault and that adults will help.
- Write down what your child tells you, including dates, times, names, locations and any online evidence, if available.
- Contact school early so that we can work together to keep your child safe and supported.
- Please do not encourage retaliation or contact other children or families directly, as this can make concerns harder to resolve safely and fairly.

What will school do?

We are committed to working in partnership with parents and carers. We will take concerns seriously, speak with the children involved, gather information from witnesses where appropriate, record actions securely and agree next steps. Parents and carers of

the children involved will be informed, and we will continue to monitor the situation after initial action has been taken.

When possible bullying is reported, we will:

- listen carefully and reassure the child that they have done the right thing by telling someone;
- speak separately with the children involved and gather witness information where appropriate;
- inform parents and carers of the children involved;
- support the child who has been harmed so they feel safe, listened to and protected;
- support the child who has caused harm to understand the impact of their actions and make safer choices;
- use restorative approaches, One Life-informed support, nurture provision, consequences or Community Fix-its in line with our Relational Behaviour Policy;
- follow safeguarding procedures where bullying involves child-on-child abuse, online harm, discrimination, sexual harassment, intimidation, coercion, exploitation or any risk of significant harm;
- seek advice from safeguarding leads, the Trust, Early Help, Children's Social Care, the Police or specialist services where needed;
- continue to monitor the situation and keep in touch with parents and carers so that we know whether the actions have made a difference.

How do we help prevent bullying?

We believe that preventing bullying begins with building a caring, inclusive and respectful school community. We promote positive behaviour through our school rules - Ready, Respectful and Safe - our Golden Rule, "Treat others the way you would like to be treated," Restorative Practice and our One Life approach.

- regular PSHCE, Relationships and Health Education lessons, assemblies and curriculum work about kindness, respect, online safety and healthy relationships;
- Anti-Bullying Week and Online Safety Week activities to help children understand what bullying is and how to seek help;
- Class Charters linked to children's rights, helping pupils understand that everyone has the right to feel safe and included;
- worry boxes, trusted-adult check-ins, pupil voice opportunities, Pupil Voice Ambassadors and pastoral support so children have different ways to share concerns;
- One Life-informed conversations and strategies that help children recognise feelings, regulate emotions, repair harm and develop a sense of belonging;
- nurture support, Learning Mentor support, belonging groups and other targeted provision where pupils need additional help;
- staff training, monitoring of patterns and regular communication with parents and carers so concerns are identified early and responded to appropriately.

Who can parents and carers contact?

Please contact your child's class teacher first. If concerns continue, or if the concern is serious, the Phase Leader, Deputy Headteacher, Headteacher or Designated Safeguarding Lead may become involved. Where needed, we may also seek support from the Trust, Early Help, Children's Social Care, the Police or specialist services.

Together, we can make Rossett Acre Primary School a safer, kinder and more inclusive place for everyone.

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