

Information for parents

Working with your child to help prevent bullying

- Discuss bullying behaviour with your children.
- Help your child to learn the difference between teasing in fun and behaviour where there is an intention to hurt.
- Make it clear to your child that it is always right to tell when they see something wrong.
- Challenge every incident of bullying behaviour that is witnessed.
- Be aware of your own behaviour and the example you set for your children.
- Don't confuse your children by talking one way and behaving in another – be consistent.
- Enhance your child's self-esteem and confidence.

Information for parents

What can you do if your child is being bullied?

- Listen to your child and take them seriously. Reassure your child that it is okay to tell.
- Find out the facts of what has happened – who, where, when ...?
- Contact the school and ask to speak to the Principal / Deputy Principal to discuss your concerns.

Encourage your child to:

- Talk to their teacher or another adult in school about what has happened.
- Stay with their friends and avoid the person who is bullying.
- Walk away rather than fight.
- Report any incidents in which other students are being bullied.

Teaching your child the following strategies may help in situations where it is not possible to avoid the person who is bullying.

Stay calm – don't show the person you are upset.
Stand up straight and try to look confident.
Speak firmly, clearly and slowly.

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Anti-Bullying Policy

Information for Parents / Guardians



When home and school work together bullying is less likely to happen

“Bullying is unwanted negative behaviour, verbal, psychological or physical, conducted by an individual or group against another person (or persons) and which is repeated over time”.

The most common forms of bullying are:

Physical:	Pushing, shoving, kicking, hitting
Verbal:	Name-calling, teasing, insulting, humiliating
Emotional:	Making threats, spreading rumours, excluding, ignoring, etc.
Non Verbal:	Making suggestive, provocative or intimidating gestures.
Cyber-Bullying:	By computer or by mobile phone
Personal Property:	Threats against, or damage to, a person's property.

In other words, bullying happens when someone deliberately hurts another person, even when they have been asked to stop. Bullying can take many forms, but its aim is always to make a person feel upset or afraid.

Signs and symptoms to watch out for:

- Unexplained bruising, cuts or damaged clothes.
- Visible signs of anxiety or distress – refusal to say what is wrong.
- Unexplained mood swings or becoming withdrawn.
- Change in behaviour at home or in school.
- Problems with sleeping.
- Dis-improvement in schoolwork.
- Loss of concentration.
- Loss of interest in school.
- Reluctance to walk to or from school.
- Poor attendance / ‘mitching’.
- Asking for more pocket money.
- Stealing money.
- Loss of, or damage to, their personal belongings.
- Artwork expressing a level of upset.

These signs do not necessarily mean that a pupil is being bullied, but if they are repeated or re-occur please investigate.

Bullying behaviours are not acceptable and will not be tolerated at St Augustine's

