

Help us to

STOP BULLYING & DISCRIMINATION

a guide for parents/carers in
Tower Hamlets



“We want to see a strong spirit of community and good race relations in Tower Hamlets. We will put in place a range of actions to get rid of prejudice, discrimination and victimisation within the communities we serve and our workforce.

We will develop and promote policies and systems which make sure that the borough’s communities and our workforce are not discriminated against or bullied for any reason.”

(Quote from Tower Hamlets Policy on Diversity and Equality)

What is bullying?

Bullying can include:

- being made fun of
- being left out of activities
- damage to property
- name calling
- physical violence
- pushing, punching and kicking
- spreading rumours/gossiping
- teasing & threats
- upsetting text or email messages

Children and young people with Special Educational Needs or disabilities may be targeted because of their need or disability. They may also have particular difficulties reporting that they are being bullied. Young people with disabilities are potentially vulnerable to bullying. Being consistently ignored, or not included, is another form of bullying.

Gender bullying is widespread and it can affect girls and boys. It can include girls bullying boys, boys bullying girls, girls bullying girls, boys bullying boys.

Homophobic bullying targets a victim because of her/his sexual orientation. Children and young people may also be the victims of bullying behaviour as a result of the sexual orientation of their parent/s or carer/s

Racist bullying takes place because of the individual's appearance, background, ethnicity, language (accent/dialect), race, religion, or skin colour.

Just for being different

Sadly, people can get bullied for many reasons; for simply being different in some way that seems to make people feel they have a right to pick on them. Children will do so for many reasons, particularly to do with physical appearance, for example, a disfigurement, being too fat, too thin, too short, too tall, too attractive, wearing glasses, wearing teeth braces, shape of ears/nose, hair, etc.

It is not uncommon for children who are very able or gifted to be bullied because of their achievements.

If your daughter/son is being bullied

Finding out that your daughter/son is being bullied is very upsetting, but try to talk calmly to them about what is happening and immediately:

- reassure them that they have done the right thing by telling you
- make a note of what they say: who was involved, where, when and how often?
- tell them to report any further incidents to a teacher/tutor straightaway
- make an appointment to talk to their teacher/tutor about the bullying

If your daughter/son is the bully

If you have just found out from school that your daughter/son is bullying, your first reaction might be disbelief or anger.

Children can bully for many different reasons. It is possible that they could be copying the behaviour of others around them. Perhaps they need to learn better ways of mixing with other children and working out difficulties. Friends may be encouraging bullying, or they may be going through a difficult time and acting out aggressive feelings.

To stop your child bullying:

- explain to them that what they are doing is unacceptable and making others unhappy
- discourage other members of your family who may be using aggression or force to get what they want
- show them how they can join in without bullying
- see their teacher/tutor to talk about how you can work together to stop them bullying
- check regularly with them about how things are going at school
- give them lots of praise when they are co-operative and kind to other people

School Procedures:

Schools do not ignore suspected bullying. They must listen carefully to accounts of what has happened from all those involved. Several pupils saying the same thing does not necessarily mean they are telling the truth. Schools seek to solve problems and they follow-up repeatedly, checking bullying has not resumed.

All staff, governors and pupils are aware that any form of bullying, particularly racist bullying, should be logged, investigated, recorded and reported.

What does this mean?

Logged – A member of staff will immediately write down the main facts of the incident.

Investigated – A teacher (it may be the head teacher) will investigate, to establish the facts.

Recorded – If the incident is found to be racist, details are written on an official racist incident reporting form.

Reported – A letter will go home to the parents/carers if the incident is serious, or has occurred before, informing them of the incident, and inviting them to come into school to discuss the matter along with their daughter/son.

All racist incidents recorded are reported termly to school governors, and the statistics of all racist incidents are reported to the Local Education Authority.

Schools deal with all forms of bullying and racism in a similar way, and we want to work together with parents/carers to make sure that no child or young person suffers because of the way they are being treated.

We aim to ensure that all forms of discrimination are discussed as part of the school curriculum; such as English, history, & religious studies, in assemblies, drama, circle time (in primary), citizenship, personal social & health education, role plays & school council meetings.

It is vital that children and all young people have the opportunity to:

- examine unfairness
- identify different points of view
- learn to value, respect and appreciate differences
- question stereotypes
- understand the origins and the impact of bullying and racism
- realise that bullying and discrimination are unacceptable.

If you think your daughter/son is being bullied, or is a bully, or even if you feel another child is, please let us know. We will take your concerns seriously.

If you need further advice please telephone the Parents Advice Centre on 020 7364 6489

Information and contacts

Bullying Online

Website: www.bullying.co.uk

Don't Suffer in Silence

DfES website on bullying

Website: www.dfes.gov.uk/bullying

Kidscape

2 Grosvenor Gardens,
London SW1W 0DH

Telephone: 020 7730 3300

Website: www.kidscape.org.uk

Bullying counsellor available Mondays
and Wednesdays.

NSPCC - young people's centre

2-12 Cambridge Heath Road
London E1 5QH

Telephone: 020 7791 9600

Parentline Plus

520 Highgate Studios

53-79 Highgate Road,

London NW5 1TL

Helpline: 0808 800 2222

Website: www.parentlineplus.org.uk

Tower Hamlets Victim Support Information Lines

24 hours free phone information line:

Racial & Faith Hate Crime

Telephone: 0800 138 0521

Homophobic Hate Crime

Telephone: 0800 138 0522

Domestic Violence

Telephone: 0800 138 0523