

Bullying

- Bullying is repeated aggression, verbal, psychological or physical, conducted by an individual or group against others. (*guidelines on Countering Bullying Behaviour in Primary and Post Primary Schools 1993*)
- Bullying is the abuse of power.
- Bullying is the breaking down of a person.

Signs and Symptoms

- Visible signs of anxiety and distress-refusal to say what is wrong.
- Unexplained cuts and bruises.
- Damage or loss of clothing or possessions.
- Reluctance to go to school.
- Unexplained changes in mood or behaviour.
- Unexplained illness.

These signs do not necessarily mean that your child is bullied, however if they occur repeatedly they should be investigated.

What parents can do if their child is being bullied:

- Assure the child the problem lies with the bully.
- Listen in a supportive way.
- Build self esteem- encourage the child to get involved in activities.
- Keep a record of incidencies of bullying behaviour and make contact with the school.

What parents can do if your child is engaged in bullying behaviour:

- Talk to your child in a calm manner.
- Find out why your child is bullying.
- Stress the importance of respecting and tolerating individualism.

What Moate community School does to help:

It is the policy of the school to do our utmost to prevent bullying of students and to help students if they are being bullied.

What support does the school offer

Each student has a tutor and yearhead who knows the child and whom you can contact

There is a Anti bullying Committee established in the school and tutors and class teachers are aware of the issue of Bullying and how to deal with it. Don't be afraid to contact a member of staff and discuss your concerns with them and they will direct you to the appropriate people.

The school has an Anti Bullying Policy in place and is committed to doing all they can to encourage a bully Free Environment.

Key Messages

The key message to get across to the person being are:

- *It is not your fault that you are being bullied*
- *You don't have to face this on your own*



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Moate Community School

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**A Parents Guide
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