

Safeguarding Family Blog

Bullying



‘The children are at the centre of everything we do’

A safe culture within our school

At Glastonbury Thorn School, we strive to keep our children and families safe and happy. In this blog, we cover some of the issues surrounding bullying.

The definition of bullying is:



Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.



It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

No single sign will indicate for certain that your child's being bullied, but watch out for:



belongings getting 'lost' or damaged



physical injuries, such as unexplained bruises



being afraid to go to school, being mysteriously 'ill' each morning, or skipping school



not doing as well at school



asking for, or stealing, money (to give to whoever's bullying them)



being nervous, losing confidence, or becoming distressed and withdrawn



problems with eating or sleeping



bullying others.

The effects of bullying can last into adulthood. At its worst, bullying has driven children and young people to self-harm and even suicide.

Children who are bullied:

- 🌈 may develop mental health problems like depression and anxiety
- 🌈 have fewer friendships
- 🌈 aren't accepted by their peers
- 🌈 are wary and suspicious of others
- 🌈 have problems adjusting to school, and don't do as well.

All children who are affected by bullying can suffer harm – whether they are bullied, they bully others or they witness bullying.

Support

For parents and carers: talk openly with your child and listen. If you are concerned, please do not hesitate to contact your child's teacher or Headteacher.

For children: talk to your teacher or a member of staff that you trust. Also speak to someone at home. We are all here to help and listen. Childline can be contacted 24/7. Calls to [0800 1111](tel:08001111) are free and confidential. Children can also contact [Childline online](#).

At GTS, we are proud of the early help we can offer any of our families who need our help. Please reach out if you need us!

SAFEGUARDING IS **EVERYBODY'S** BUSINESS