



# Poynton High School

## *Anti-Bullying Parent and Carer Information Leaflet*

Inspire

Achieve

Celebrate

## Where Can I Find Additional Resources?

- **Bully Free Cheshire East:** Provides guidance on identifying and addressing bullying, including support for parents and carers. [Learn more](#)
- **Cheshire East Council - Advice for Parents and Carers:** Offers practical advice on what to do if your child is being bullied and how to support them. [Learn more](#)
- **Anti-Bullying Alliance:** A coalition of organisations working together to stop bullying and create safe environments for children and young people. [Learn more](#)
- **National Bullying Helpline:** A nationally recognised advice centre to support victims of bullying. [Learn more](#)

For more information or support, please contact your child's form tutor, year leader, or email [safeguarding@poyntonhigh.org.uk](mailto:safeguarding@poyntonhigh.org.uk). The complete Anti-Bullying Policy can be found on the school website. Together, we can create a safe and supportive environment for all students.

## What is Bullying?

At Poynton High School, we are committed to creating a safe and inclusive environment for all students. This leaflet provides essential information to help you recognize the signs of bullying, support your child if they are being bullied, and guide your child if they are displaying bullying behaviour.

Working with our students, we have worked to create our own definition of bullying:

***Bullying involves repeated, deliberate actions intended to harm or control another person physically, verbally, or emotionally. It includes behaviours like aggression, exclusion, rumour-spreading, and online harassment, often leaving the victim feeling isolated, distressed, and emotionally impacted.***

We recognise that there are different types of bullying and incorporate education for our young people about this. In line with our Educate, Challenge, Empower Charter, we celebrate diversity and strive to foster an inclusive school environment for all in our community.

## What Should I Look Out For?

### Signs of a Young Person Being Bullied

- *Changes in Academic Performance:* Drop in grades or loss of interest in schoolwork.
- *Anxiety:* Appears nervous or anxious frequently.
- *Frequent Illness:* Regularly feeling sick or unwell, often wanting to visit the nurse.
- *Reluctance to Attend School:* Avoids going to school or expresses a strong desire to stay home.
- *Damaged Belongings:* Clothes, bags, or other possessions are frequently torn or damaged.
- *Missing Money/Possessions:* Money or personal items go missing without explanation.
- *Unexplained Injuries:* Has cuts, bruises, or other injuries that are not easily explained.
- *Behavioural Changes:* Becomes moody, bad-tempered, or tearful without clear reasons.
- *Unhappiness:* Shows signs of sadness or depression.
- *Changes in Eating/Sleeping Habits:* Loss of appetite, trouble sleeping, or weight loss.
- *Isolation:* Withdraws from social interactions or appears lonely.
- *Unwillingness to Talk:* Avoids discussing their day or engaging in conversations.

## How Can I Help?

### How to Support Your Child Being Bullied

1. *Listen and Reassure:* Create a safe space for your child to talk about their experiences. Reassure them that they are not alone and that you are there to help.
2. *Gather Information:* Ask for details about the bullying incidents, including who, what, when, and where.
3. *Contact Us:* Reach out to your child's form tutor, Head of Year or email [safeguarding@poyntonhigh.org.uk](mailto:safeguarding@poyntonhigh.org.uk) to share your concerns.
4. *Encourage Positive Activities:* Help your child engage in activities that build their confidence and social skills.
5. *Monitor and Follow Up:* Keep in regular contact with the school and your child to ensure the bullying has stopped and your child feels safe.

### How to Support Your Child if They Are Displaying Bullying Behaviour

1. *Address the Behaviour:* Talk to your child about their actions and explain why bullying is unacceptable.
2. *Understand the Root Cause:* Explore any underlying issues that may be contributing to their behaviour, such as difficulties at home or feelings of inadequacy.
3. *Set Clear Expectations:* Establish clear rules and consequences for bullying behaviour.
4. *Encourage Empathy:* Help your child understand the impact of their actions on others and encourage them to develop empathy.
5. *Promote Positive Behaviour:* Encourage your child to engage in positive activities and build healthy relationships.

## What Will School Do?

### Anti-Bullying Measures in School:

1. *Regular Promotion of Anti-Bullying in Assemblies:* Ensuring that the anti-bullying message is consistently communicated to students.
2. *Use of CCTV within School Grounds:* Utilizing surveillance to help prevent and monitor bullying incidents.
3. *Dedicated Anti-Bullying Email Address:* Providing a specific channel for reporting bullying incidents.
4. *Strong Teacher-Student Relationships:* Encouraging students to feel comfortable reporting any issues to staff.
5. *Support Intervention Programmes:* Implementing programmes across all Key Stages to address self-esteem, positive relationships, and being a proactive bystander.

### Strategies to Resolve Bullying Incidents:

1. Listen and talk to the student about the bullying to assess the seriousness of the allegations and to try to come to some agreed way forward with them.
2. Try to talk through with them their fears of retaliation from the bullies and weigh up the balance between these fears and the alternative of the bullying being continued if nothing is done.
3. Try to reassure them that we have a good success rate and that the bullying will probably stop.
4. See the offender and listen to what they have to say about what has gone on.

Whilst the focus of these strategies is on resolution, appropriate sanctions will also be put in place as a consequence for violating our school charter.