

A good friend is like gold!

Beating Bullying

What is bullying?

- A bully is a person who picks on someone, making them unhappy.
- It takes place constantly.
- It can be physical.
- It can involve talking about someone, insulting, threatening or making them feel afraid or unhappy in some way.

Is your child being bullied?

As the saying goes, "Sticks and stones may break my bones, but names will never hurt me."



This is a brave thing to say, but in the case of most children, it is far from true. While physical abuse may be evident, verbal abuse can cause just as much pain as physical violence, and while bruises often get better quickly, cruel words can cause permanent psychological harm.

Signs of Bullying

Changes to your child's behaviour may include:

- Unexplained illnesses that occur frequently, and other ploys to avoid attending school.
- Truancy.
- An unwillingness to attend school.
- A deterioration in school work.
- The inexplicable disappearance of personal effects, having been given to the bully.
- A loss of appetite.
- Anxiety, nightmares and other symptoms of depression.

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What should you do?

A child who has been bullied and has kept it a secret feels isolated. Therefore, as soon as your child tells you, the first thing you have to do is to reassure the child that he/she is not alone from now on, that you and the school are on the child's side.

Your child may benefit from reading about other children's experiences of bullying. Information is available on 'Bullies Out', 'Bullying Online' and 'Antibullying'.

Please inform us at the school immediately. The school will implement strategies straight away to deal with bullying.

No child should have to suffer pain and unhappiness.

Late at night is worse for the child. They may stay strong during the day and then break their hearts at night. This is when you and your child are at your most lonely.

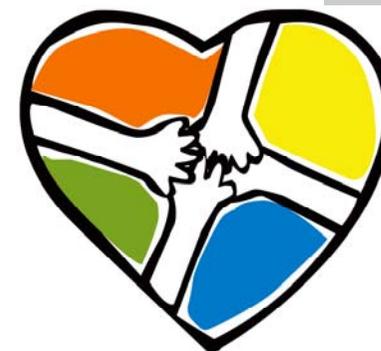
Don't feel that you are moaning and making a fuss. We have to consider your child's well-being and the well-being of every other child.



YSGOL PONT Y GOF

Keeping our children safe!

Every child's right to be happy



A Guide for Par-



Someone is hurting me!

How can the parent

Parents/carers should be aware that schools have a responsibility to ensure the welfare of all pupils. This responsibility means that:

the school has a child protection policy and procedures;

on 1 September 2006, *section 175 of the Education Act 2002* came into force. It places a duty on schools to have arrangements in place to ensure that they safeguard children. The designated person at this school is Bethan Prys Jones (Headteacher);

the school should attempt to work with parents/carers regarding their child's welfare and remain impartial if the child is being referred or has been referred;

the school should help parents or carers to understand that if their child is referred to social services or to the police, this is done with the child's best interests in mind and that the school will contribute to any child protection investigation or police investigation with regard to the child's welfare and educational progress;



that the school will regularly provide parents/carers with the latest information on the child's welfare and educational progress.

As a parent or carer, you may feel lonely at times but there is usually someone to talk to. Looking after children is not always easy, and if you find it difficult to cope you may need to ask for help and support to protect your child.

You may find the following useful:

- Make time to talk to your child and listen to him/her.
- Get to know your child's friends and daily routine.
- Be sensitive to any change in your child's behaviour.
- Teach your child to feel confident to refuse to do anything unless it feels right.

The World of Technology

Please remember to be careful.

Safety in the World of Technology

Films and computer games

Misusing films and computer games can be detrimental to your children. They open up a whole new world, culture and ideas. As parents, we have a responsibility to ensure that this experience is a positive and enriching one.

Here is some information to help you understand which programmes are suitable for your children. Ignoring this advice could be very harmful to them. We have a responsibility to safeguard our children.



Television programmes guidance



Computer games guidance



Film guidance



Read the guidance for parents on using computer games, available on the school website, to help you.

The Internet is fun!

Please remember to stay

Cyberbullying



Cyberbullying involves using technology to hurt or harass someone intentionally and repeatedly. There are seven main methods of cyberbullying:

- E-mailing
- Mobile phone
- Text messaging
- Instant messaging, e.g. MSN
- On-line chatrooms
- Social networking websites, e.g. Bebo, Myspace, Facebook
- Picture/video messaging.
- The bully uses these technologies in order to bully, e.g. by posting nasty comments on someone's profile on a social networking website.

How can you keep your children safe?

- Place computers in family rooms rather than in the children's bedrooms, with the back of the computer facing the wall.
- Install monitoring/filtering software so as to prevent access to inappropriate content (this can be bought).
- Use a family e-mail or oversee messages using a password.
- Discuss safety issues with your child, e.g. not sharing personal information.

Useful websites to help you

www.childnet.int.org/kia www.kidsmart.org.uk
www.thinkuknow.co.uk www.ceop.gov.uk