



Helping your child with positive behaviour

Growing up is hard. Children are trying to find their place in the world, and learning to get on with each other isn't easy.

At St Patrick's, our behaviour policy recognises that children sometimes need support to help them stay happy and focussed on their learning. On other occasions they may need to be challenged and shown a better way.

Our **definition of bullying** is:

*'The **repetitive, intentional hurting** of one person or group by another person or group, **where the relationship involves an imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyberspace.'*

Every child in our school community matters to us. We welcome them all and value their achievements. It is bullying *behaviour* that is unacceptable, not the child.

What you can do

Hold an open discussion with your child. What is their view of the situation? Are they worried about something? Have any recent changes or events brought this behaviour on? Is there someone else they would find it easier opening up?

Ask your child to **imagine the other child's point of view**. Children often need help to develop this kind of empathy. How would your child feel if it were them being treated unkindly? Explain the harm that bullying causes.

Focus on the positive. What is your child good at? Spend time exploring this and give plenty of praise. Help them see that they are 'good' and do all you can to avoid labelling the child 'naughty' or 'bad'. Children often act up to these labels.

Useful contacts

<https://www.kidscape.org.uk/advice-for-parents-and-carers/my-child-is-bullying-others>

<http://www.antibullyingpro.com/parent-support#q1>

<http://www.anti-bullyingalliance.org.uk/resources/cyberbullying/info-for-parents-and-carers/>