

Helping children to stop and understand bullying behaviour is wrong.

Let your child know that bullying is unacceptable and that there will be serious consequences at home, school, and in the community if it happens.

Try to understand the reasons behind your child's behaviour. In some cases, they bully because they have trouble managing strong emotions like anger, frustration, or insecurity. In other cases, children haven't learned cooperative ways to work out conflicts and understand differences.

## Top Tactics:

- ✓ Take bullying seriously
- ✓ Teach children to treat others with respect and kindness
- ✓ Learn about your child's social life.
- ✓ Encourage good behaviour
- ✓ Set a good example



# is it BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING.**

<http://familylives.org.uk/>

[www.childline.org.uk](http://www.childline.org.uk)

[www.antibullyingalliance.co.uk](http://www.antibullyingalliance.co.uk)

<http://www.nspcc.org.uk/>

[www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)

Helpful websites for further reference

## Anti-Bullying Guidance



A guide for parents and carers





### What is bullying?

Bullying can happen to anyone at any age.

The ABA (Anti-Bullying Alliance) defines bullying as:

‘the **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves **an imbalance of power.**’

#### TYPES OF BULLYING

**Verbal bullying** – hurting someone's feelings with words, Name, calling, teasing, abusive remarks, threats, insults

**Physical bullying** – hurting someone's body -Hitting, kicking, pushing, biting, hair pulling, or damaging someone's property

**Indirect bullying** -Excluding, ignoring, isolating, spreading rumours, embarrassing or humiliating people in public, rude gestures such as eye rolling

**Online(Cyber)bullying** -Making prank phone calls, spreading rumours, threatening or saying hurtful things on social media

### The difference between bullying and falling out

BULLYING	FALLING OUT
Repeated, hurtful behaviour.	Happens sometimes
Deliberate	Accidental
Imbalance of power	Equal power
Not sorry	Sorry
Don't want to sort it out	Want to sort it out

### Signs

You may be unsure if your child is involved in a bullying incident. He or she could be acting as a 'bully', being bullied or they may be upset because they have seen others behaving badly. If you suspect that a child is involved in bullying, then look out for these signs (please note this list is not exhaustive, use your instinct if you should have concerns about your own child):

- ✓ bruises
- ✓ broken or missing possessions
- ✓ becoming withdrawn – not talking, or spending more time alone
- ✓ changes in eating habits
- ✓ changes in behaviour – becoming aggressive at home
- ✓ sleeping badly
- ✓ complaining of headaches or stomach aches
- ✓ worrying about going to school
- ✓ suddenly doing less well at school



### If your child reports bullying;

- listen calmly to your child and take what he/she says seriously
- keep calm,if you overreact this may increase your child's anxiety.
- reassure your child that it is not his/her fault, make a note of what happened when and who was involved –Who? What? When? Where?
- tell your child that you will find ways to ensure his/her safety, make an appointment to see your child's teacher, find out what action the teacher plans to take and when
- keep in touch with school
- let school staff know if things improve or if there are further incidents, do not confront the child or parents yourself
- work together with school staff
- ask to see copy of the schools anti-bullying policy
- seek advice or information from an anti-bullying web site

### Bullying Behaviour

- Talk to your children about how they treat others who are younger or less able or different from themselves.
- Encourage your children to think about how others feel, tell them that they can help stop bullying by befriending and supporting children who are less able to cope with teasing.

Bullying behaviour can happen at any age – check your own actions, please lead by example – think before you tease those who perhaps are not as strong as you.