

Information for Adults

WHAT IS BULLYING AND HOW YOU CAN SUPPORT YOUR CHILD



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WHAT IS BULLYING?



Bullying is deliberate behaviour intended to hurt, humiliate or intimidate. It can be:

- Physical - hitting, kicking, taking things
- Verbal - name calling, insulting, making offensive remarks
- Indirect - spreading nasty rumours or stories, excluding from social groups, sending malicious emails or text messages.

Bullying is not two people having a disagreement or falling out over something. It is not a one-off incident - it has to happen several times.

WHAT TO LOOK FOR IF YOU THINK YOUR CHILD IS BEING BULLIED:

Bullying is a difficult and sensitive issue which children are often reluctant to talk about. But there are signs which may suggest your child is being bullied.

SYMPTOMS TO LOOK FOR INCLUDE:

- Reluctance to go to school - including frequent complaints of headaches or stomach ache
- Anxiety or irritability
- Becoming withdrawn
- Self harming



HOW YOU CAN HELP:

If you believe your child is being bullied, you should:

- Talk to your child calmly about what is happening
- Reassure your child he or she has done the right thing by telling you about it
- Make a note of what your child tells you
- Encourage your child to report anything to the teacher or adults who work with them
- Make an appointment to see your child's class teacher, head teacher, or manager of the setting.

WHAT YOUR CHILD CAN DO:



If your child is being bullied at school, telling a teacher, another trusted adult or family member is the right thing to do. Once the school or setting knows what is happening, staff can act.

You should encourage your child to keep telling the school or setting about anything that happens. Most bullying concerns can be resolved by your child's class teacher, head teacher trusted adult or manager of the setting.

Bystanders who see bullying going on can make the biggest difference by doing something about it. If your child sees someone else being bullied telling a teacher, another trusted adult in school/setting, or family member is the right thing to do.

WHEN YOU TALK TO ADULTS WHO WORK WITH YOUR CHILD ABOUT BULLYING, YOU SHOULD:

- Stay calm - the adults may not be aware your child is being bullied or may have heard conflicting accounts of an incident
- Be as specific as possible about what your child says has happened, using the notes you made
- Make a note of what the adults say and ask if there is anything you can do to help
- Stay in touch with the adults and let them know if things improve or problems continue.

BULLYING IN SCHOOL

Ultimately the responsibility for dealing with school bullying lies with the school. Parents should take the following steps, as necessary, if they are concerned that the bullying has not stopped.

- Ask to see the school's anti-bullying policy - is the school doing what it says it will?
- Make an appointment to see a senior member of staff or the head teacher.
- Keep a record of that meeting if this does not help, write to the chair of governors explaining your concerns and outlining what you would like to see happen.



Bullying in other settings – talk to the Manager.

Working together will help stop the bullying.

HELPFUL CONTACTS

Childnet International – mobile phone checklist

www.childnet-int.org

www.childnet-int.org/safety/parents.aspx

Parentline Plus

For support for parents

Telephone: 0808 800 2222

www.parentlineplus.org.uk

Kidscape

A helpline for parents and carers of bullied children

Telephone: 08451 205 204 Monday to Friday 10.00 a.m. – 4.00 p.m.

www.kidscape.org.uk

Mencap

www.mencap.org.uk/

USEFUL INFORMATION

Safe to Learn DCFS (Schools)

www.teachernet.gov.uk/wholeschool/behaviour/tackling_bullying/safetolearn/

Anti-Bullying Alliance

Advice to parents and carers

www.anti-bullyingalliance.org.uk/

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