

HOW CAN I HELP MY CHILD IF THEY ARE BEING BULLIED?

IF YOUR CHILD IS BEING BULLIED, DON'T PANIC. YOUR KEY ROLE IS LISTENING, CALMING AND PROVIDING REASSURANCE THAT THE SITUATION CAN GET BETTER WHEN ACTION IS TAKEN.



PRAISE AND REASSURE

Praise your child for being brave enough to tell you about the bullying, and reassure them that coming to you was the right thing to do. Make sure your child knows that the bullying is not their fault, and that you are here to help them.

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GET THE FACTS

As a school, we will need these in order to help you and your child in the way that you deserve. With your child, try to clarify who has bullied them, where, when, and how. Was anyone else nearby who may have seen what happened? Kidscape have created a useful bullying log for parents which may be useful.

LISTEN TO YOUR CHILD

Use your best listening skills. Accept your child's feelings and encourage them to talk about their worries by listening as intently as you can and letting them lead the conversation. Try to avoid jumping in with advice, immediately attempting to generate solutions, or asking leading questions- such as, "Did he hit you?" if your child has not yet mentioned being hit.

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AVOID RETALIATION

Never encourage retaliation to bullying - particularly not violent actions. Reacting by hitting, kicking etc. has negative and unpredictable results. Your child may be hurt even further, and/or find that they are labelled as the problem. Rather, suggest that they walk away and seek help.

WHAT DOES YOUR CHILD WANT TO HAPPEN NEXT?

Help your child to think about what they would like to happen, and ask how you can help. Unless they are likely to end up in serious danger or trouble, agree to let them try out their ideas.

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LET US KNOW

Tell your child that you will have to involve the school at this point, and agree how you can do this in the best way. However you decide to manage this, please inform your child's teacher as a matter of urgency, or, if for any reason you do not feel able to do this, contact Mrs Baxter directly via the school office.

REBUILD CONFIDENCE

Bullying destroys our confidence, so if your child is being bullied, work doubly hard to help them feel valued and important. Consider encouraging your child to get involved in activities that build their confidence and self-esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).

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