



Say 'NO' to A Guide For Parents Bullying

WHAT IS BULLYING?

Bullying is any behaviour which intentionally frightens, intimidates and upsets a person, or group of people, and occurs on a regular basis. Such behaviour can include, but is not limited to:

- Physical attacks.
- Name calling.
- Spreading rumours.
- Deliberately leaving someone out of a game or activity.
- Nasty text messages.
- Destruction and theft of property.
- Verbal and non-verbal threats.

Bullying can also have long-lasting emotional damage if not dealt with properly.

SIGNS OF BULLYING...

If you suspect your child is being bullied there are a number of signs you can look out for:

- Not wanting to go to school.
- Truancy.
- Becoming ill when it is time to go to school.
- Being frightened to walk to and from school.
- 'Losing' possessions at school.
- Having nightmares or bed-wetting.
- A change in behaviour for example becoming more aggressive, withdrawn, anxious etc.

If your child is displaying any of these signs they may be being bullied.

STOPPING BULLYING...

If you think your child may be being bullied ask them directly. If they maintain that they aren't being bullied, let them know that you will always be there to listen and help them.

If your child tells you that they are being bullied:

- Remain clam.
- Encourage them to talk about what is happening.
- Take the bullying seriously.
- Reassure them that it is not their fault.
- Ask you child what THEY want to happen - make sure they are aware of, and agree with, any action that you take.
- If you feel it is necessary, visit the doctor and discuss what is happening.

As soon as you become aware of the problem, contact the school and arrange to meet with your child's class teacher, form teacher or head of year.



Try to stay calm and offer to work with the school to resolve the situation. Remember that things are unlikely to be resolved straight away so it is important to continue to work with the school whilst the bullying is being investigated and dealt with.

Support your child to keep a 'Bullying Diary', keeping details of any incidents that occur and how s/he feels as a result. This may prove useful to see how the bullying can be avoided and also act as evidence if you need to speak to the Head Teacher or governors.

PROVIDING SUPPORT...

There are many ways that you can support your child through this difficult time:

- Encourage them to talk about their feelings.
- Suggest that together you can think up some responses for your child to use if s/he is confronted by the bully.
- Act out role plays together of different ways to react to the bullying.
- Encourage your child to join some clubs or groups such as brownies, scouts, after-school clubs, etc. This way they can meet new friends and build up their confidence.
- Stay calm and don't blame yourself for the situation. Make sure your child knows that you love them and that you are there for them.

DEALING WITH SCHOOL...

If you feel that the School is not dealing with the bullying properly then you should arrange to speak to the Head Teacher. Take a copy of your child's 'Bullying Diary' to show the effects that the bullying is having. Make sure the Head Teacher tells you what action that they will be taking and ask to be kept informed.

Also, ensure that you keep a record of any correspondence with the school including phone calls, letters, E-mails and meetings.

If you still feel the bullying is not being taken seriously then contact Bully Free Zone for information on what to do next.

MORE INFORMATION...

For further information on bullying and how to deal with it contact:

BULLY FREE ZONE

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Bolton
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