

Bullying advice for parents and carers

What is Bullying?

Bullying is when someone or a group of people with more power repeatedly and intentionally causes hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, is often hidden from adults and will probably continue if no action is taken.

Bullying is not a one off argument or fight, a friend sometimes being nasty or an argument with a friend; however these situations can cause great distress and do still need to be dealt with.

Types of Bullying:

- **Cyber** - Cyberbullying can be anonymous or direct bullying behaviours using digital technologies
- **Physical** -Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property
- **Verbal** - Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse
- **Covert** - Covert bullying is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation

How do I know if my child is being bullied?

If you think your child is being bullied look out for;

- Behaviour changes
- Withdrawal
- Not wanting to go to school
- Lots of stomach aches, headaches or none specific illness
- Belongings missing or torn clothes
- Frequent bruises or other signs of physical harm

My child is being bullied what can I do?

If your child tells you they are being bullied, try to remain calm.

- Praise your child for telling you and reassure them they have done the right thing
- Try to establish the facts
- If the concerns are cyber related report to the relevant company e.g. Facebook and also to CEOP <http://ceop.police.uk/safety-centre/>
- Contact school or email: beatbullying@goolehighschool.org
- Tell your child not to reply back to abusive messages
- Tell your child not to fight back
- Help your child to keep a record of what has happened

Where to find out more information

www.childline.org.uk Tel: 0800 1111

www.thinkyouknow.co.uk

www.bullying.co.uk

www.familylives.org.uk Tel: 0808 800 2222

www.kidscape.org.uk

You can order a copy of Preventing and dealing with bullying 101 tips for parents by Julie Casey at

www.futurelinkpublishing.co.uk or Tel: 0800 334 5145

