

Go-to Managing Bullying

BULLY-FREE ZONE

What is bullying?

Verbal bullying
Physical bullying
Cyber bullying
Social bullying

Try to talk to your child

- It can be difficult to approach the subject with some children. They may not respond to direct questioning.
- Rather than asking them directly if they are being bullied, try to give them as many opportunities as possible to open up to you.
- Share your experiences with them to encourage them to share their own stories

Helping prevent bullying

1. Help kids understand bullying. Talk about what it is and how to stand up to it safely. ...
2. Keep communication open. Check in with kids often. ...
3. Encourage kids to do what they love. ...
4. Model how to treat others with kindness and respect.
5. From a young age create healthy anti-bullying habits, coaching your child on both what not to do (e.g., push, tease, be mean to others) as well as what to do (e.g., be kind, empathize, take turns, be respectful).

Spotting signs early

Spotting the signs of bullying can help you to address the problem as early as possible.

Children may not be keen to tell their parents if they are having problems with bullying, so it might be easier for them to talk about it if you are able to pick up on the problem first.



Be aware of possible signs

1. **Changes in personality** i.e. child becomes shy/ withdrawn, or more aggressive/ emotional than usual.
2. **Declining Social Invites**... Wanting to stay at home.
3. **Changes in Eating Habits**... Over-eating or under-eating.
4. **Frequent Physical Illness**... to avoid going to school.
5. **Development of Poor Sleep Patterns** and or **BedWetting**. ...including experiencing troubling nightmares.
6. **Bruises, Scratches or Cuts**.
7. **Missing or Damaged Possessions**.
8. **Sudden decline** in school grades or achievements.

Useful sources of information, support and Apps

Saferschoolsni.co.uk
NI Anti-Bullying Forum, c/o National Children's Bureau
www.endbullying.org.uk
nationalbullyinghelpline.co.uk
ChildLine
ParentlineNI
www.dontstickit.org.uk
Youngminds.org.uk
www.saferinternet.org.uk
www.wearestronger.org



Parentline NI, in your corner. to listen, support & advise.

Contact 0808 8020 400 Monday to Thursday 9am to 9pm, Friday 9am to 5pm or
Saturdays 9am to 1pm

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What to do if your child is being bullied?

- **listen carefully**- to make sure you understand what they are saying
- **Try not to impose your own feelings**- this can make things worse for your child. Getting visibly angry or upset with the situation can cause your child to feel worried about telling you any more details
- **Try not to jump to conclusions**- your child may feel like you are not listening to them properly
- **Support your Child's Choices**
- **Ask your child how they would like you to proceed**- discuss options with them before you take action.
- **Be careful not to be dismissive of their feelings** or the way that they are currently dealing with the situation.

What to do if your child is accused of bullying?

Listen- If your child is accused of bullying then you should be prepared to listen to their side of the story... but be aware that there are multiple different interpretations.

Accept evidence. Failing to accept evidence will actually do your child a disservice, because you are preventing them from learning from their mistakes.

Try Not Take Matters into Your Own Hands, it may be tempting to contact other parents to discuss the allegations, this type of behaviour may be intimidating.

When dealing with accusations of bullying, it is essential that you set a good example for your children.

Work with their School. All schools should have their own anti-bullying policy. You can ask to see or discuss this policy if your child is having trouble. Be patient with the school and try to work with them.