



# Time to Talk Bullying



## **STOP = Several Time On Purpose and Start Telling Other People**

- ▶ Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.
- ▶ “The biggest mistake I see is parents who go straight to demanding action the moment they hear the word bullying. When adults show their distress or anger, it can make children concerned about sharing their story because of the belief they are the ones causing adults upset.” Dr Luke Roberts.

## **Spotting the Signs of Bullying**

- ▶ A reluctance to go to school
- ▶ Unexplained tummy upsets or headaches
- ▶ Showing signs of distress on a Sunday night or at the end of school holidays
- ▶ Becoming either quiet or withdrawn, or a change in behaviour
- ▶ Torn clothes and missing belongings
- ▶ Seeming upset after using their phone, tablets, computers etc.
- ▶ Wanting to leave for school much earlier than necessary or returning home late
- ▶ Bruises
- ▶ changes in eating habits
- ▶ sleeping badly or wetting the bed
- ▶ suddenly doing less well at school

There could be other reasons for these signs, do not assume they are always from being bullied. Ask yourself the following questions: Is there anything else bothering my child? Have there been changes at home like a new baby, or divorce or separation?

## **How Can I Help my Child?**

- ▶ Don't panic – listen, calm, reassure
- ▶ Don't give your opinion or offer a solution – this can be really hard when you want to share your views on what's happened and come up with a way to solve the problem.
- ▶ Has this happened before?
- ▶ How are you feeling right now?
- ▶ What would make things better?
- ▶ What happened? Where? When? Who?
- ▶ Did you tell anyone?
- ▶ How did it make you feel?



## Active Listening

- ▶ **1. Repeating back what you have heard** – this sounds so simple, but it is really important for children and young people to hear their words repeated. It gives reassurance that the things they have to say matter. Try and use the exact words spoken, write it down if need be.
- ▶ **2. Don't interrupt** – this can be particularly difficult when your child is sharing an aspect which is distressing, you can always come back to this, but the goal is to let them express what is happening and how it makes them feel.

## Cyber Bullying

- ▶ Primary aged children should always have their online activity monitored. Particularly any games or apps that have a chat or messaging function.
- ▶ Talk to your child about who they're talking to online and discourage them from talking to people they don't know in person.
- ▶ Try to understand and guide your child's online behaviour - negotiate and establish boundaries and discuss sensitively the issues around the concept of 'friends'.
- ▶ Familiarise yourself with the social networking sites and chat programmes or games your child uses. Find out more about its built-in safety functions and how they can be contacted within the service. Attend our cyber safety sessions!
- ▶ Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature. Check through their follower list, are their followers their friends?
- ▶ Use parental control software provided by your internet service provider, mobile phone network, online content provider or games console, and consider using filtering options, monitoring and setting time limits for access to chat.
- ▶ Agree together clear boundaries for example no devices in closed rooms and turning the Wi-Fi off by bed time (there are apps and internet settings that can turn off WI-FI on individual devices).
- ▶ No devices in rooms after bedtime!
- ▶ If you discover misconduct between your child and someone online stay calm, investigate the facts and seek expert help. If someone has acted inappropriately towards your child, or someone they know (such as sexual chat, or asking them to meet up) contact the [Child Exploitation and Online Protection Centre \(CEOP\)](#) and let us know.
- ▶ [NSPCC and O2](#) have a free online safety helpline for parents and carers - 0808 800 5000.
- ▶ Find more information for parents and carers on [Internet Matters](#) website which covers all things internet safety.



## Reporting Bullying to School

- ▶ If a child feels that they are being bullied, then there are several procedures that they are encouraged to follow:
  - ▶ Tell a friend
  - ▶ Tell a teacher or adult whom you feel you can trust
  - ▶ Write your concern and post it in a 'worry box'
  - ▶ Tell a parent or adult at home whom you feel you can trust
  - ▶ Discuss it as part of their PSHE time
- ▶ If your child reports to you that they are being bullied
- ▶ Report what your child has told you to the class teacher. Email the office with your 'who, what, where' facts.
- ▶ The class teacher will make a record, gather information, discretely talk to your child, initiate extra vigilance and report back to you.
- ▶ We will provide intervention and support where necessary
- ▶ Report further instances

## Don't be a Bystander

Talk to your child about the importance of not being a bystander

- ▶ **Report any bullying you witness straight away.**
- ▶ **Be a friend:** Make a special effort with the person being bullied. Invite them into your group.
- ▶ **Never join in:** If you see someone being bullied, don't join in. If the bully tries to get you to help, refuse and walk away.
- ▶ **Stop the rumours:** Don't help to spread rumours about another person. If someone tells you something that would hurt or embarrass someone, stop the conversation, don't share the information.
- ▶ **Don't be an internet troll!** If there are rumours, offensive comments and pictures being spread on social media or on an internet site, don't share them.
- ▶ **Support and empower the target:** Talk to the person being bullied. Try to offer them support and encourage them to report what is happening to the school. Offer to go with them to talk to the teacher or a trusted adult.
- ▶ **Always tell an adult if you are worried about someone.**

