



ORMISTON
DENES ACADEMY

Anti-bullying

Tips for Parents and Carers



What bullying is (and isn't!)

At secondary school your child will learn that bullying:

1. Goes on for a while, or happens regularly.
2. Is deliberate. The other person wants to hurt, humiliate or harm the target.
3. Involves someone (or several people) who are stronger in some way than the person being bullied. The person doing the bullying has more power; they are older, stronger, there are more of them or they have some 'hold' over the target (eg. they know a secret about them).

Because these three things have to happen together for something to be called 'bullying', they will learn that bullying is not:

- A one-off fight or argument
- A friend sometimes being nasty
- An argument with a friend

Where to find out more:

For further information about bullying try these helplines and websites:

www.childline.org.uk (Tel: 0800 1111)

www.bullying.co.uk (Tel: 0808 800 2222)

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

www.kidscape.org.uk

What can I do to prevent my child being bullied or becoming a bully?

- Be a good role model in the way you talk about and treat others; help them learn that everyone deserves respect - this will be the most powerful influence on your son or daughter. Don't worry that your children are not listening to a word you say - worry that they watch everything you do!
- Talk about how other people might feel in bullying-type situations - in real life, TV programmes, books, films, etc.
- Talk openly about what bullying is and how it feels.
- Make it safe for your son or daughter to talk about bullying - let them know you won't make them feel silly for talking about it. Ask about what they have learnt at school about bullying. National anti-bullying week is a good time to bring up the subject (usually National anti-bullying week falls in November).
- Talk to them about different sorts of bullying. As well as physical harm, threats and taking things, it can include name-calling, leaving someone out (exclusion), rumour spreading (eg. at school or on social networking sites) or forcing somebody to do something they don't want to do. All of these can be as hurtful and humiliating as physical bullying.
- Teach them how to avoid electronic (or cyber) bullying - through texts, instant messaging, social websites, etc.

How do I know if my child is being bullied?

If you think your son or daughter is being bullied, look out for:

- Behaviour changes
- Withdrawal
- Not wanting to go to school
- Lots of stomach aches, headaches or non-specific illness
- Belongings missing or torn clothes
- Frequent bruises or other signs of physical harm

Sometimes these ailments will be real, and sometimes they may be made up - but whether the illness is real or not, the worry certainly is, so it needs to be taken seriously.

Help your son or daughter to open up to you. They may feel embarrassed and find it hard to talk. Use books, TV plots, what they are doing at school, to begin conversations about bullying. Ask generally about bullying at school without making them talk about themselves. Explain that you are concerned how they are feeling and would like to know what is on their mind.

Online safety

Ensure that your child is aware that they should ask before they send a picture or information that could be shared with other people. Remind them that they don't know what will happen to any pictures or information they let people have. What they think of as a joke might be really upsetting for the other person when the whole world sees it!

Ensure that your child thinks before they send a message about themselves or any other people involved. It doesn't take long for it to be shared with every single person they know (from their best friend to their grandmother to their worst enemy!)

Inform your child to never give out personal information when it can be shared with others. They may trust their new friends, but they don't know their friends' friends.

Let them know they should treat their password like their toothbrush - don't let anyone else use it.

Reassure them that if they receive nasty messages, texts, comments, etc. they should block the person sending them and always report it to an adult (a parent, someone at school, or your service provider).

Make sure that your son/daughter doesn't reply to a bullying message but that they do keep it - whether it is a picture, message or online communication.

For more information see www.kidscape.org.uk/cyberbullying/ or contact childline: www.childline.org.uk (Tel: 0800 1111)

Bullying Diary

DATE:	What happened?	Details: Who, where, etc:	Action taken/ evidence:



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