



# NSPCC

## **Bullying And Cyberbullying**

For further help and advice, please contact one of the school's Safeguarding Leadership Team:

Mr. M. Garside

Designated Safeguarding Lead Teacher

Mrs. S. Evans

Deputy Safeguarding Lead Teacher

E-Safety/Online Safety Lead Teacher

Mrs. H. Gough

SENDCo

Mrs. E. Grundy

Deputy Safeguarding Lead Teacher

Mrs. A. Haynes

Deputy Safeguarding Lead Teacher

Anti-Bullying Lead Teacher



We can all play a part in helping keep children safe from bullying and cyberbullying – whether it is happening at school, at home or online.

## Tips for Parents and Carers

It can be really distressing to discover that your child is being bullied; however, as hard as it is, try to stay calm and don't jump to conclusions. Your child may be really worried about talking to you about the bullying and scared that it will make the situation worse.

These tips will help you keep them safe whether you've found out that they're being bullied or you want to make sure they know what to do if it happens to them or someone they know.

### Tip 1: Talk about bullying and cyberbullying

Explain to your child what bullying is and ask if they are being bullied. Keep calm and listen carefully.

They may feel really scared, embarrassed or ashamed that they're being bullied and they may be worried about what will happen if they tell anyone.

Once you know your child is being bullied, remember to check in with them often. Remind them they can talk to you about how they are feeling whenever they want.

Not sure how to start the conversation? There is advice on the NSPCC website 'Talking about difficult topics'.

### Tip 2: Make sure they know who to ask for help

If your child is being bullied they might be scared to ask for help because they think it'll make the bullying worse. Let them know they can always talk to you or another trusted adult such as a teacher or other family member.

If they don't want to talk to you, you could suggest they contact ChildLine (0800 1111) where a counsellor will provide a listening ear. They don't have to give their name and can talk about anything that is worrying them.

### Tip 3: Help them relax and take time out

If your child is being bullied they may feel down, worried or lack confidence.

Help them to find things to do that make them feel good like listen to music or playing sport. Give them opportunities to help build their confidence.



Remember to reassure them that it's not their fault and that they are loved and valued.

ChildLine has friendly advice and tips for children on building their self-esteem, being more assertive and coping with embarrassment ([www.childline.org.uk](http://www.childline.org.uk)).

#### Tip 4: Teaching them to stay safe online

Cyberbullying can be really hard for a child to deal with because they can feel like there is no escape.

Don't stop them from using the internet or their mobile phone. It probably won't help keep them safe and could stop them from telling you what's happening.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) has advice on online safety for young people that is suitable for different age groups. Their website shows children how to contact social media sites if they believe someone has posted something upsetting about them.

'Block'em' is a free app for Android users that blocks unwanted calls and text messages from specified numbers. Their website also provides advice for iOS users.

#### Tip 5: Talk to your child's schools or club

If your child is being bullied, you can talk to their school. It doesn't matter whether the bullying is happening in school, outside or on the internet. All schools have a responsibility to protect their pupils from bullying. If your child is being bullied at a club, talk to the person in charge.

You should:

- Arrange a meeting with the teacher or club organiser – you can bring another person along with you for support if you wish.
- Bring any evidence of the bullying that you have such as text messages, a record of incidents or
- Screenshots of webpages (if the bullying is happening online)
- Tell them what effect the bullying is having on your child and make it clear you won't tolerate the bullying.
- Ask the teacher or organiser what action they will take making sure that all parties are in agreement.

After your meeting, arrange to speak to them again in the near future so you can see what progress has been made.



The school may inform the police if the bullying involves ongoing harassment, intimidation or a hate crime (such as racism or homophobia) but it's best to speak to the school first

### Tip 6: Take further action if the bullying continues

If the bullying continues or you are not happy with the school or club's response:

- Ask for a copy of the school's anti-bullying policy, behaviour policy and complaints procedure. These may be available on the school or club's website.
- Write a letter of complaint to the head teacher or club organiser and arrange to meet with them to discuss the concerns.
- Continue to keep a record of incidents with as much information as you can including:
  - Photographs of any physical injuries or damaged items
  - The date, location and approximate time of each incident.
  - Any contact (letters, emails, etc.) you have with the school or club

What happens if the bullying continues after making a formal complaint to the head teacher?

Write a letter to the Chair of Governors, at the school address:

- The school office will be able to provide you with the chair's name.
- Explain the situation and include copies of letters between yourself and the school as well as any evidence or bullying.

***These tips are taken from the NSPCC website, which is full of advice for parents.***

***[www.NSPCC.org.uk](http://www.NSPCC.org.uk)***