

ADVICE FOR PARENTS OF CHILDREN WHO APPEAR TO BE BULLIED

What you can do

If you think that your child is being bullied:

Discuss the situation with your son / daughter

- Encourage them to tell you or another adult
- Be a good listener – listen calmly
- Show sensitivity
- Show concern
- Encourage your child not to hit back
- Inform the school of your concern

What we will do

- Meet with you to discuss the problem
- Deal with every report, sensitively and in confidence
- Act in line with the school policy and inform you of the outcome
- Monitor the situation as required

What we can do together

- Create an atmosphere of trust
- Communicate with each other regularly
- Be aware of signs that your child may be unhappy

ADVICE FOR PARENTS OF A CHILD WHO APPEARS TO BE BULLYING

What you can do

- Keep calm
- Establish the facts – do not assume your child is guilty
- Talk to your child calmly and in a supportive manner
- Let your child know you want to help but you need to share information with the school
- Consult with the school – tell us the problem

What we will do

- Collect information from teachers and children which will be handled sensitively and in confidence
- Make every effort to help your child overcome the problem but we need your co-operation

What we can do together

- Communicate with each other regularly
- Joint monitoring of the situation
- Create an atmosphere of trust and self-worth both at home and at school

Some facts

Bullying often involves persistent, deliberate and unprovoked attacks by those in a position of power on those who are powerless to resist.

(Carrie Herbert "Bullying – a quick guide" 1997)

Types – bullying behaviour fits into one of the following:

- ➡ Verbal – e.g. name-calling
- ➡ Non-verbal – e.g. signs
- ➡ Emotional – e.g. exclusion
- ➡ Physical – e.g. punching

Signs that a child may be bullied will include

- ➡ Emotional – become irritable and aggressive
- ➡ Behavioural – avoiding friends
- ➡ Physical – e.g. damaged clothes

However these could be symptoms of other issues too

Clintyclay Primary School

