

## **ADVICE AND GUIDANCE TO COUNTER BULLYING**

### **FOR PARENTS**

Watch for signs of distress in your children. There could be an unwillingness to attend school, a pattern of headaches or stomach aches, equipment that has gone missing, request for extra pocket money, damaged clothing or bruising.

Take an active interest in the child's social life. Discuss friendships, how playtime is spent and the journey to and from school.

If you think your child is being bullied inform the school immediately and ask for an interview with either your child's Form Tutor or Year Leader. Furthermore, when discussing the problem with your daughter or son follow the advice given for victims.

Keep a written record if the bullying persists. It will be painful but it will provide supportive evidence regarding *WHO*, *WHAT*, *WHERE* and *WHEN*.

Your child's Form Tutor or Year Leader will devise strategies that will help your child and provide her/him with support inside and outside school. If you are still not satisfied, write to the Chair of Governors.

If the problem occurs outside school contact a solicitor. Ask for a letter to be sent to the bully's parents, informing them of the legal consequences of a recurrence of such behaviour.

Do not encourage your child to hit back. It will only make matters worse. Such behaviour could be contrary to your child's nature and the school will be obliged to take appropriate action if they retaliated in this way.

## **BE PERSISTENT AND INSISTENT**

### **FOR BOTH VICTIMS AND PARENTS**

The following guidelines are for parents who know that their daughter or son is being bullied.

- First, tell your daughter or son that there is nothing wrong with her/him. He/she is not the only victim.
- Advise your daughter or son not to hesitate to tell an adult, for example a liked and trusted teacher.

- Together identify those places where the bullying takes place and work out a way to avoid them. If this is not possible, advise that he/she makes sure that there are other trusted people about. If they are not to be trusted, someone should be told.
- Advise your daughter or son not to try and buy the bully off with sweets or other 'presents', and not to give in to demands for money.
- Together with an appointed teacher and your son or daughter work out a plan of action. Should the bullying be repeated the plan must be followed and an adult told that it has happened again.