

# Anti-Bullying Week 2022

## WHAT IS BULLYING?

### The Anti-Bullying Alliance defines bullying as:

"the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

As a parent you have a vital role to play in helping your child recognise bullying and what you can do together to stop it.

## BULLYING TEMPERATURE CHECK

The questions below can help you to start talking to your child about bullying.

### GREEN

My child seems happy and content. They like to go to school and have good relationships with other children and staff. While they have the occasional situation where others say or do unkind things to them, or they have said or done unkind things to others, they have been able to resolve the situation (including saying sorry if they have hurt someone else).



### FOR YOUNGER CHILDREN



- What does bullying mean to you?
- What does it mean to be a good friend?
- What do you look for in a friend?
- What are some of the ways you can be kind to other people?
- What can you do if other people are being unkind to someone?
- What are all the ways that people can be different?
- Why is it important to accept people for who they are?
- How can you help someone who is sad or lonely?
- Who can help you if you are worried about bullying or something someone has said or done?

### AMBER

My child is sometimes sad and can be reluctant to go to school. While they mention one or two friends they seem to have regular fall outs with other children and have mentioned a number of situations where children have said or done unkind things to them, or they have said or done unkind things to other children. They seem unsure how to resolve these situations and I am not sure they are receiving enough help.



### FOR OLDER CHILDREN



- What does bullying mean to you?
- Have you seen people bullying others?
- What are the different roles people have in a bullying situation?
- What would you do if you saw or heard someone being bullied?
- What would you do if someone said or did something hurtful to you?
- What does it mean to be a good friend?
- How do you know when you have crossed a line and hurt someone?
- What can you do if you have hurt someone?
- In what ways are face to face and cyberbullying the same/different?
- How can children protect themselves from bullying online?
- How can children support others who are being bullied online?
- When might bullying behaviour be a crime? (e.g. if someone is threatened with harm or encouraged to harm themselves, is physically hurt, is targeted for their race, faith, disability or sexuality, is harassed sexually)
- What advice would you give to younger children who are being bullied?

### RED

My child is often sad or upset and does not like school or their usual activities. They do not seem to have friends and I am concerned that other children often say or do unkind things to them. They urgently need help to resolve the situation and to enjoy their school and social life.



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# SOURCES OF ADVICE AND SUPPORT

## FOR PARENTS AND CARERS



Kidscape provides advice and support for parents and carers concerned about bullying. Information is available through the Kidscape website and social media channels, through the Kidscape Parent Advice Line, and regular peer to peer support groups. Parents also can attend workshops to help them support their children through their school journey. For more details visit [www.kidscape.org.uk](http://www.kidscape.org.uk)

- Family Lives [www.familylives.org.uk](http://www.familylives.org.uk)
- Parent Zone (digital family life) [www.parentzone.org.uk/home](http://www.parentzone.org.uk/home)
- Red Balloon Learner Centres [www.redballoonlearner.org](http://www.redballoonlearner.org)
- YoungMinds (for support with mental health) [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Papyrus UK (suicide prevention support) [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Report Harmful Content (for cyberbullying and online harms) [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)
- Childnet International (for cyberbullying and online harms) [www.childnet.com](http://www.childnet.com)
- Internet Matters (for cyberbullying and online harms) [www.internetmatters.org/issues/cyberbullying/](http://www.internetmatters.org/issues/cyberbullying/)

## ANTI-BULLYING ALLIANCE: PARENT AND CARER ONLINE TOOL



ABA has developed an online anti-bullying information tool for parents and carers. The tool will help parents and carers who are:

- Concerned that their child may be vulnerable to bullying at school
- Worried that their child might be getting bullied
- Aware that their son or daughter is being bullied
- Just wanting to learn more [www.anti-bullyingalliance.org.uk/parenttool](http://www.anti-bullyingalliance.org.uk/parenttool)

## FOR CHILDREN AND YOUNG PEOPLE

- Anti-Bullying Pro [www.antibullyingpro.com](http://www.antibullyingpro.com)
- ChildLine [www.childline.org.uk](http://www.childline.org.uk)
- The Mix [www.themix.org.uk](http://www.themix.org.uk)
- Report harmful Content (for 13+ concerned about cyberbullying and online harms) [www.reportharmfulcontent.com](http://www.reportharmfulcontent.com)
- Childnet International (for cyberbullying and online harms) [www.childnet.com](http://www.childnet.com)
- YoungMinds (for mental health) [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Papyrus UK (suicide prevention support) [www.papyrus-uk.org](http://www.papyrus-uk.org)

If you have any worries or concerns regarding bullying please speak to your child's class teacher or contact a member of the FLO team.



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