



Bullying: Advice for Parents

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Introduction and other places where you can find out more

The thought that your child is being bullied is one of the most worrying aspects of being a parent.

Supporting children who are being bullied can be challenging, as you go through your own feelings of fear, anger, sympathy and protection.

Even though the bullying may happen to your child when you are not around, there are ways of spotting if your child is being bullied and there are positive steps you can take to bring it to an end.

More information about bullying is available to read and download on the [Online Advice page of the NSPCC website](#).

Spotting the signs of bullying

Bullying can take many different forms, the common theme being the perpetrators wishing to make the victim feel unhappy.

If your child is being bullied, they may not wish tell you about it. Perhaps the bully has warned them not to talk or they do not want to appear to be telling tales.

Watch out for any signs of change of behaviour in your child - becoming withdrawn, depressed, not wanting to go to school, being frightened of walking to and from school, bed wetting, outbursts of anger, feeling ill etc.

What to do if you think your child is being bullied

If you think your child is being bullied then talk to them about school, are they making friends? Is anything upsetting them? Are they being bullied? Reassure them that you will not react hastily or do anything to escalate the situation. Explain that that bullying, whatever form it takes, is wrong and is not something they have to put up with. Working together you can tackle it and stop it.

Once you've established that bullying is taking place, there are positive steps you can take:

- ✎ Contact the school and ask them for a copy of their Anti-Bullying policy.
- ✎ Request a meeting with the appropriate member of staff and take a note of the times, places and circumstances of the bullying that has taken place
- ✎ If you are not satisfied with the school's response, write a letter of complaint to the Chair of Governors.
- ✎ Keep a record of all meetings and correspondence
- ✎ If you are still unhappy with the response, contact the local authority who will have an Anti-Bullying Officer who will ensure that the school take appropriate action.