



What must I do if my child is being bullied?

- If your child tells you they're being bullied, *keep calm!* Getting angry and threatening to visit the school or the parent of the other pupil will terrify them further.
- Praise them for telling you and reassure them that they've done the right thing in letting you know what's happening.
- Try to find out the facts – what exactly has happened? Get dates, names, locations, etc and keep a written note of the facts. Arrange to see your child's Tutor, Head of Year or Assistant Head of Year.
- Use your best listening skills. Accept your child's feelings, encourage them to talk about their worries by *listening*, and don't belittle what they're going through – however minor it may seem to you, the feelings are very real for them.
- Help your child to think about what they'd like to happen, and ask how you can help. Don't rush this step.
- *If your child feels in danger, you'll need to make sure that they have a plan for keeping safe. Talk about ways of avoiding those doing the bullying, eg staying with a group of friends, staying in safe areas, knowing who to go to for help, etc. Tell them that you have to involve their Tutor or another adult at the school at this point, and agree who this might be and how you can do it in the best way for them (so that other children aren't aware of the visit for example).*
- Bullying destroys our confidence and your child will be feeling vulnerable, so work doubly hard to help them feel loved, valued and important.
- If you tell your child to fight back, or say something 'clever' to the people bullying them, they may well end up feeling twice as bad. They might get into trouble, they might get hurt, they might be laughed at more, and they'll feel a double failure – not only are they bullied, but they've failed to stop it as well.