

**My child has been accused of bullying others** [My child has been accused of bullying others (anti-bullyingalliance.org.uk)](https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers/my-child-has-been-accused-bullying)

**It is very difficult for parents and carers when they find out that their child has been involved in a bullying incident - perhaps even more so if their child is the one accused of bullying behaviour.**

The important thing to remember is that anyone is capable of bullying behaviour. As parents you have a key role in helping your child to recognise the harm they have caused and encouraging them to change their behaviour in the future.  All parents and carers should speak to their children about what bullying is - and how it makes people feel.

Here is a clip containing ‘8 Tips for parents’ if your child is accused of bullying:

https://youtu.be/cl0iNhH-Jhc

They need to feel they can talk to you if there is bullying happening in their class or school. Sometimes children and young people can be pulled into bullying behaviour by friends or the wider peer group - this is particularly true of hurtful comments and images spread through social networking sites. Some top tips for parents include:

* Make sure your child knows what bullying behaviour is and why it is wrong
* Make sure your child knows they can talk to you, or to another adult if they are worried about bullying
* Help your child to realise that no-one has the right to pressure them into something they don't want to do - this includes bullying others
* Make sure they are not bullying others in retaliation for bullying they have suffered - find out if there is a wider culture of bullying in the school or environment where its happened
* Talk to your child about information that is shared through social networking sites - let them know that they shouldn't upload comments or images that could hurt someone else - or pass on content that is designed to hurt someone else. Let them know most social networking sites have report buttons if they have seen bullying behaviour and they want to stop it.
* Make it clear that you do not tolerate the use of disrespectful and hurtful language and behaviour as a family (it's vital that you model this as parents).