

If the school contact you to say your child has been involved in bullying incident stay calm and make sure you gather all the facts relating to the incident. Ask to see evidence if it is available (for example: if the alleged bullying is through the internet or phones).  Ask for a copy of the school anti-bullying and behaviour policy so you can ensure that they are following agreed procedures. Take time to listen to your child's side of the story - but keep an open mind.  If the school share information or evidence that shocks you (children can sometimes behave very differently  away from their parents) again stay calm, and take time to talk through the incident with your child.  Try not to see the behaviour as a permanent reflection of their character - but make clear the behaviour you would like to change.  It may be that their current friendship group is having a negative effect on their behaviour - in which case you should talk about what it means to be a friend, and gently encourage them to form more positive relationships.

Ditch the Label have written a blog about ['7 tips to stop bullying others'](https://www.ditchthelabel.org/how-to-stop-bullying-others/) Please click the link to find out more.

**Ultimately you are not the first - and you will not be the last parent to have to face this.  Don't blame yourself - today is the time for change.**

Please [See here Dr Luke Robert's three tips for active listening blog which he wrote for Kidscape](https://www.kidscape.org.uk/news/2020/december/bullying-hearing-your-child-s-story/)