



## **Anti-Bullying: Parents' Guide**

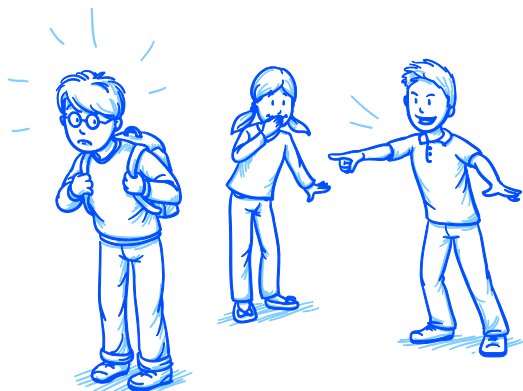
Bullying doesn't just disappear and sort itself out on its own. It will only stop when people act. It can only be stopped if pupils, parents and the school work in partnership. This means that adults need to communicate, the victim/victims must be helped and the bully/bullies must be stopped.

### **What is bullying?**

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

Anyone, of any age, can be a victim of bullying. Bullying can occur at work, at home, online and of course in school. Bullying can take many forms. Below are some common ones:

- Verbal abuse, such as name calling and gossiping.
- Non-verbal abuse, such as hand signs or text messages.
- Emotional abuse, such as threatening, intimidating or humiliating someone.
- Exclusion, such as ignoring or isolating someone
- Undermining, by constant criticism or spreading rumours, controlling or manipulating someone
- Physical assaults, such as hitting and pushing
- Cyberbullying, such as sending abusive texts, emails or messages.



### **Bullies target those who are different**

Bullies usually target people because they are different. The differences bullies pinpoint includes: looks, race, religious beliefs, age, medical needs, ability, or sexuality.

The real problem lies with the bully, not with difference between people. The victim should never be blamed. Nobody has a right to bully.

You can't always see the signs of bullying. And no one sign indicates for certain that a child's being bullied. But you should look out for:

- Belongings getting "lost" or damaged.
- Physical injuries such as unexplained bruises.
- Being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
- Not doing as well at school.
- Asking for, or stealing, money (to give to a bully).
- Being nervous, losing confidence, or becoming distressed and withdrawn.
- Problems with eating or sleeping.
- Bullying others, especially younger siblings.

#### How to help your child

- **Reassure your child – bullying is never acceptable.**
  - **Don't panic, try to establish the facts.** Are the mean comments repetitive and intentional? What has actually happened?
- **Write down what your child is saying to you.** If the abusive comments are online, or on a phone, save the messages.
- **Let the school know. Make an appointment to see the child's class teacher and the Safeguarding Manager to discuss the problem. If required, the school will then support the victim and stop the bully. If the bullying persists you must let us know.**
- **Limit your child's access to electronic social networking by changing their security settings.**
  - **Don't encourage your child to retaliate,** however tempting this is.
- **Try to boost your child's self-esteem.** You could encourage them to join a club, or take part in an activity where they can build friendships with other children.

#### Useful Contacts

School Telephone Number: 0121 675 1897

School Email Address: [enquiry@brookfields.bham.sch.uk](mailto:enquiry@brookfields.bham.sch.uk)

NSPCC Website: <https://www.nspcc.org.uk/>

Childline Website: <https://www.childline.org.uk/>

**By working in partnership,  
we can help children be  
free of bullying!**

