

Advice to parents

Is your child being bullied?

Your child may not tell you that he or she is being bullied. However, you may notice some changes in his or her behaviour including:

- unwillingness to mix with other children or go to school
- feeling unwell, often with a headache or stomach ache
- aggression towards you or others in your family
- waking in the night and bedwetting
- missing or damaged belongings
- loss of appetite

How you can help your child

If you suspect your child is being bullied, don't ignore it. Take time out to talk to your child and explain that bullying is wrong and that no one should have to put up with it. Promise to do all you can to stop it. Write down the key points your child has told you keeping a record of when and where bullying happened. If you believe your child is being bullied by other children at school, make an appointment to see your child's class teacher as soon as possible. At the meeting:

- give examples of the bullying
- stay calm even though you may feel angry and emotional
- don't blame the teacher – they may be unaware of the bullying
- find out about the school's anti-bullying policy
- discuss what action you can both take as parent and teacher
- arrange to meet within two weeks to discuss progress

Computer parental controls

Windows: <http://windows.microsoft.com/en-gb/windows-vista/set-up-parental-controls>

Apple: <http://support.apple.com/kb/HT4213>

Xbox: <http://support.xbox.com/en-GB/billing-and-subscriptions/parental-controls/xbox-live-parental-control>

Playstation: <http://manuals.playstation.net/document/en/ps3/current/basicoperations/parentallock.html>

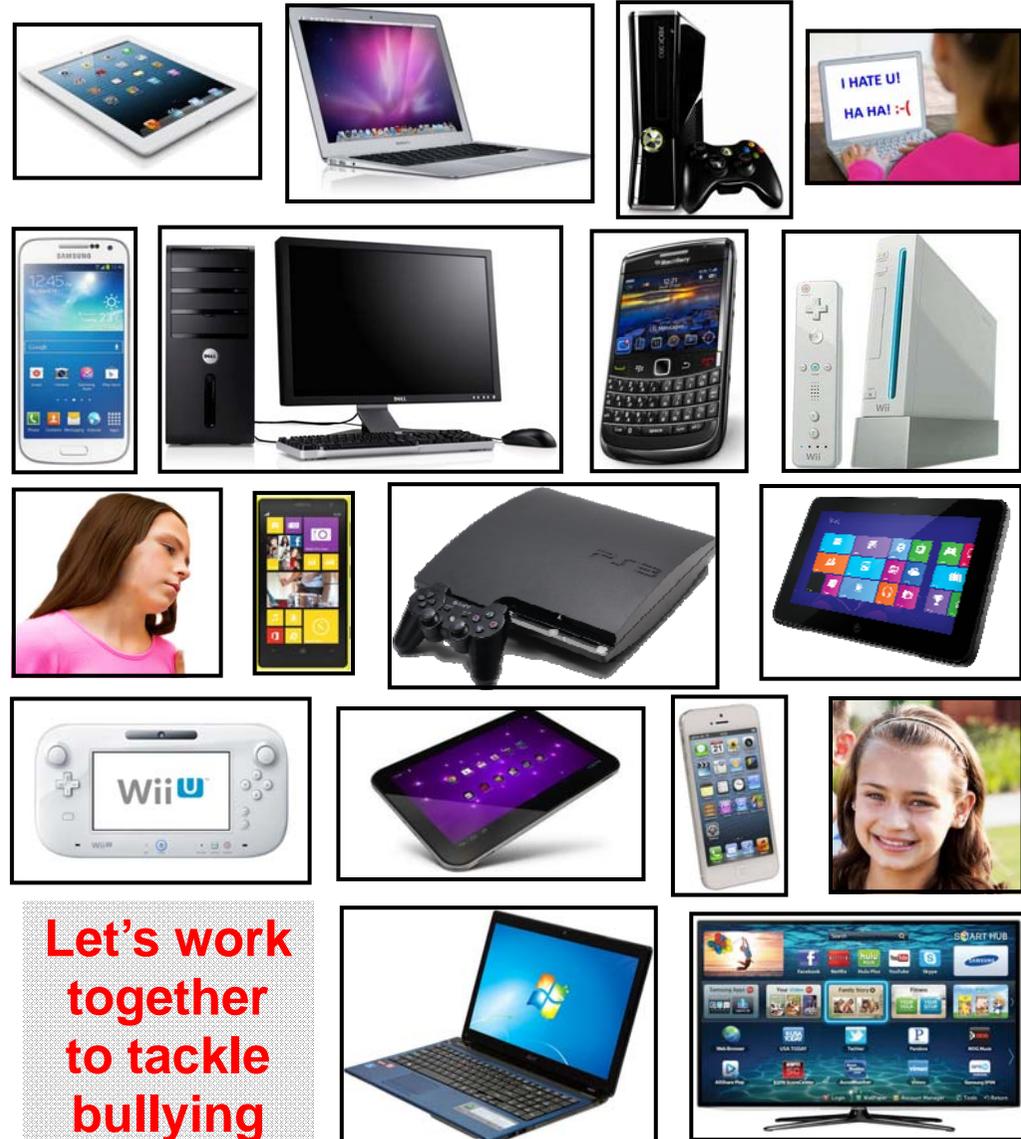
Wii: http://www.nintendo.com/consumer/systems/wii/en_na/ht_settings.jsp?menu=pc

For further advice:

<http://www.thinkuknow.co.uk>

<http://www.beatbullying.org>

Primary School anti-bullying advice



**Let's work
together
to tackle
bullying**

The devices pictured here are used by children to access the internet.

Advice to children

Are you being bullied?

The problem

Someone is sending you nasty comments to your computer. Or they may be sending you pictures to your mobile phone to make you feel hurt and distressed.



The advice

It's important you tell your Mum or Dad, or another trusted relative, or a teacher at school - otherwise the bullying may continue.



The happy outcome

Grown-ups will want to help you and make the bullying stop so you can enjoy your friends.



NO UNDER 13s

Some social networking sites have an age restriction, such as facebook. You cannot have a facebook account until you are aged 13 or more. Children under 13 who have a facebook page would have had to have lied about their age when signing up.

Being bullied is upsetting

Being bullied is horrible and can make you feel upset, scared and alone. You may feel that getting help will only make the bullying worse. But it's important you get help from someone you trust to make it stop.

Bullying is wrong

Bullying can include:

- hitting you and pulling your hair
 - stealing or damaging your possessions
 - frightening you
 - stopping you mixing with a group of friends
 - teasing, name-calling and spreading rumours about you face-to-face or on your computer, games console or mobile device
- With online technologies accessible 24 hours a day, cyberbullying can be relentless. It can also intrude on spaces that were previously personal, such as at home. It can feel that there is no escape from it.

How you can get help

- talk to a trusted grown-up, such as your Mum or Dad, another relative or a teacher at school
- call ChildLine on 0800 1111. This charity has been set up especially to help children like you. You can call free 24/7 and you don't have to give your name
- visit www.cybermentors.org.uk - where counselling for children is available from other young people

If you're the bully....

...then you need help too. You might be doing it to have control over someone, make your friends laugh, or you may feel bullying is normal behaviour. Bullying another person is not right. You need to get advice from someone you trust too. If you are aged 10 or more your bullying may be a criminal offence and you may be arrested.