

## **Advice for Parents - How You Can Support Your Child**

- Look for unusual behaviour in your children. Signs that your child may be a target of bullying may include:
  - suddenly not wishing to attend school
  - feeling ill regularly (stomach ache, headaches etc.)
  - not completing work to their normal standard
  - anxiety about travelling to/from school
  - unexplained changes in mood or behaviour which may be more noticeable before returning to school after a weekend or longer school holidays
  - visible signs of distress such as stammering, withdrawal, nightmares, changes in sleep patterns, unexplained crying or emotional outbursts, changes in eating habits
  - missing or damaged possessions
  - reluctance or refusal to talk
- If you feel your child may be a target of bullying behaviour, inform the School immediately. It is important for you to understand that bullying in school can be difficult for teachers to detect because of the large numbers of children involved. Teachers will appreciate bullying being brought to light. School bullying requires that parents and teachers work together for a resolution.
- Advise your child not to fight back. It can make matters worse. Teaching children to be more assertive and to tell is far more positive and effective. Teaching a child to say “NO” in a good assertive tone of voice will help deal with many situations.
- Assure your son or daughter that you believe them and it is not their fault that they are being bullied.
- If your child may be involved in cyber bullying, keep all online / phone information as a record & closely monitor online activity. We ask that you do not contact other parents about these matters, as this can only complicate situations. Rather contact the school directly and relevant personnel will deal with any concerns and reports according to best practice guidelines.