

Information tool for Parents / Carers - Anti-Bullying Alliance:



The Anti-Bullying Alliance have created a free [interactive Anti-Bullying information tool](#) for parents and carers. It aims to give parents/carers/families information about Anti-Bullying in an interactive and accessible way.

The ABA also have information pages for parents/carers regarding:

- [Helping my child if they are being bullied](#)
- [What to do if my child is accused of bullying others](#)
- [Worries about cyber-bullying](#)
- [How to spot signs that my child is being bullied](#)
- [Information about restorative thinking](#)

Parent Advice Line - Kidscape:



Kidscape have a [Parent Advice Line](#) - this aims to offer friendly, impartial, non-judgemental information, advice and support to parents, carers, family members or professionals who are concerned about a child - either because they are being bullied, or because they may be involved in bullying others.

The advice line is open part of the week, but Kidscape staff will return calls and respond to emails and messages as quickly as they can.

- Their email address is: parentsupport@kidscape.org.uk
- Their telephone number is: 07496 682785
- Their WhatsApp contact information is: 07496 682785

Kidscape also have a variety of [information pages for parents and carers](#), these include:

- [What is bullying?](#)
 - [Helping your child with bullying](#)
 - [Talking to schools about bullying](#)
 - [My child is bullying others](#)
 - [Talking about bullying with your child](#)
 - [Cyberbullying and digital safety](#)
 - [The impact of bullying](#)
 - [Help your child respect others](#)
 - [Bullying and younger children](#)
 - [Starting school](#)
 - [Helping your child with friendships](#)
 - [Bullying in sports clubs](#)
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A Parent's Guide to Anti-Bullying - The Diana Award:



The Diana Award have created a variety of free [resources](#) all about Anti-Bullying. These resources can be filtered according to the target audience, e.g. 'parents', but are generally high-quality and useful for all members of the school community. There are video clips, recorded training sessions, downloadable leaflets and posters - these are all free to access and use.

The Diana Award also have a range of [support and advice](#) articles for pupils, parents/carers and professionals, these are updated regularly and include:

- [Anxiety and bullying behaviour](#)
 - [Sexting and leaked images: support for parents/carers](#)
 - [Peer pressure and bullying behaviour](#)
 - [Grief and bullying behaviour](#)
 - [13 ways to tackle racist behaviour at home](#)
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Information for parents and carers - Bullies Out:



Understanding and Exploring Bullying
for Parents, Carers & Guardians

Bullies Out host a free Anti-Bullying [training session for parents, carers and guardians](#). This training course aims to provide attendees with a clearer understanding of bullying, helping them to recognise the signs of bullying and explore the difference between bullying and relational conflict.

Bullies Out also have a variety of [information pages](#) about Bullying, these include:

- [Is My Child Being Bullied?](#)
- [Is My Child A Bully?](#)
- [Talking To Your Child](#)
- [Talking to the School](#)
- [Bullying Outside School](#)
- [Changing Schools](#)
- [Bullying By A Teacher](#)

Advice for parents/carers if their child is experiencing bullying - Young Minds:



Young Minds have created a [guide for parents/carers](#) with information about what they can do if they think their child is being bullied. They include practical advice about how parents/carers can work with the school.

Young Minds also have information pages about bullying, these include:

- [What is bullying, and what are the signs?](#)
- [How can I help my child?](#)
- [Where can I find professional help?](#)
- [Where to get further support](#)



If a parent/carer is concerned about their child's mental health, whether this be due to experiencing bullying or for any other reason, Young Minds also have a [Parent Helpline](#) and webchat service.

Annual Parent / Carer resource pack - Anti-Bullying Alliance:



Each year for [Anti-Bullying Week](#), the Anti-Bullying Alliance create a [free Parent and Carer resource pack](#). This pack contains lots of helpful information for parents, carers and families - including definitions for bullying behaviours, conversation starters and activity ideas.

Schools and settings may choose to share this information pack with parents / carers during Anti-Bullying week, but the information is also suitable for all year round.

BULLYING TEMPERATURE CHECK

GREEN

My child seems happy and content. They like to go to school and have good relationships with other children and staff. While they have the occasional situation where others say or do unkind things to them, or they have said or done unkind things to others, they have been able to resolve the situation (including saying sorry if they have hurt someone else).

AMBER

My child is sometimes sad and can be reluctant to go to school. While they mention one or two friends they seem to have regular fall outs with other children and have mentioned a number of situations where children have said or done unkind things to them, or they have said or done unkind things to other children. They seem unsure how to resolve these situations and I am not sure they are receiving enough help.

RED

My child is often sad or upset and does not like school or their usual activities. They do not seem to have friends and I am concerned that other children often say or do unkind things to them. They urgently need help to resolve the situation and to enjoy their school and social life.

CONVERSATION STARTERS TO HELP YOU TALK TO YOUR CHILD ABOUT BULLYING

The questions below can help you to start talking to your child about bullying.

FOR YOUNGER CHILDREN ?

- What does bullying mean to you?
- What does it mean to be a good friend?
- What do you look for in a friend?
- What are some of the ways you can be kind to other people?
- What can you do if other people are being unkind to someone?
- What are all the ways that people can be different?
- Why is it important to accept people for who they are?
- How can you help someone who is sad or lonely?
- Who can help you if you are worried about bullying or something someone has said or done?

FOR OLDER CHILDREN ?

- What does bullying mean to you?
- Have you seen people bullying others?
- What are the different roles people have in a bullying situation?
- What would you do if you saw or heard someone being bullied?
- What would you do if someone said or did something hurtful to you?
- What does it mean to be a good friend?
- How do you know when you have crossed a line and hurt someone?
- What can you do if you have hurt someone?
- In what ways are face to face and cyberbullying the same/different?
- How can children protect themselves from bullying online?
- How can children support others who are being bullied online?
- When might bullying behaviour be a crime? (e.g. if someone is threatened with harm or encouraged to harm themselves, is physically hurt, is targeted for their race, faith, disability or sexuality, is harassed sexually)
- What advice would you give to younger children who are being bullied?

WHAT ADVICE CAN I GIVE MY CHILD?

- Be kind and respectful to others:** you have a vital role to play in modelling positive relationships. Your child is always watching you and learning from you. It's important to talk kindly about other people and support your child to be kind and respectful to others, challenge behaviour that is hurtful or offensive and show your child that you reach out to others who may be seen as 'different', lonely or isolated.
- Recognise and stand up to injustice:** help your child to understand that throughout history people have not always been treated with kindness and respect. Support your child (in an age appropriate way) to understand prejudice and inequality. There are many good books and resources available on these issues. Make these discussions part of your everyday life. Talk about how they would respond if they were targeted in this way or witnessed behaviour or language that targeted difference and what actions they could take. Be clear that it is never okay for a child to experience prejudice.
- Understand true friendship:** you can teach your child the qualities of a true friendship such as kindness, respect, boundaries, laughter, forgiveness, and trust. This will help your child recognise if others are being unkind or manipulative towards them. Encourage your child to be open to friendship rather than insisting on one best friend. Experience shows you can be vulnerable if they decide not to be your friend anymore.
- Grow in confidence:** we all have times when we feel shy and self-conscious. Some children are naturally more confident than others, others are quieter and are happy with their own company or the company of a small group of friends. If your child is unhappy and wants help to grow in confidence then talk to the school to see what support they can give (e.g. a buddy or peer mentor system) and consider activities and groups outside of school that might help your child grow in confidence (e.g. sports, Scouts and Girl Guides, arts and drama, martial arts, volunteering).
- Role play together how to handle difficult situations:** it is likely that your child will experience name calling, will get into arguments and may even be involved in physical fights. Role play together the different options you have in these situations, what you could say or do, and who else could help.