

# Poole Family Information Service

**Working Together to  
Eradicate Bullying**



[www.boroughofpoole.com/familyinformation](http://www.boroughofpoole.com/familyinformation)



# **Advice for Parents and Carers**

# What is bullying?

**Bullying is when one person or a group deliberately hurts another individual or group. This is usually more than a one-off incident and can be both physical and psychological.**

**Most bullying is based on real or perceived differences – in appearance, ethnicity, gender, sexuality, religion, or being in care or a carer – children having a physical disability or special educational needs may be particularly vulnerable to bullying for a range of reasons related to their specific needs. Some people think it is okay to bully because it happened to them and they think it is part of growing up.**

**What signs should  
parents and  
carers look for?**

## **Children and young people who are being bullied may:**

- Feel isolated and frightened, weak and powerless to make things better, and that it may be their fault.
- Many children who are experiencing bullying do not tell anyone.

## **What are the signs to look for that might indicate that bullying is happening?**

Remember that any of these signs may have other causes – so quiet, calm discussion and really good listening is vital for understanding what is really happening.

## **A young person who is being bullied may also:**

- **Show signs of illness or pretend to be ill, for example with headaches or stomach aches**
- **Skip lessons at school**
- **Avoid attending particular places**
- **Do less well in schoolwork or homework, or lack concentration**

## **A young person who is being bullied may say:**

- Friends are not talking to them
- They need to be driven to or from school
- They need more money
- They have lost their appetite
- They have lost their dinner money
- They hate going to that lesson / going on that bus journey / lessons with those pupils.

# Do's and Don'ts

## Do

- If a young person in your family is being bullied at school it is vital that you work with his or her teachers to find a solution.
- If you are not happy with a teacher's response, do not give up. Speak to someone else - perhaps another teacher or the head teacher.
- Always discuss things with your child before you take action. If you don't do this you might damage your relationship with your child.

## Don't

- Do not tell a child being bullied to "just ignore it". If that were possible, the child would not be asking you for help.
- Do not tell a bullied child to hit back. A very common and hurtful form of bullying is name-calling. If your daughter hits someone who is calling her names, there is a good chance that she will be the one who ends up being punished by the teachers. You should discuss other ways in which she could stand up for herself.

# Where can I find help?

**The Family  
Outreach Worker or  
Pastoral Care  
Worker attached to  
each Poole school.  
For further  
information please  
contact Poole  
Family Information  
Service:  
Tel 01202 261999**

**Advisory Centre  
for Education  
[www.ace-  
ed.org.uk](http://www.ace-ed.org.uk)  
Advice for parents  
and children on all  
school matters  
Tel 0808 800 5793**

## **Kidscape**

**Kidscape works UK-wide to provide individuals and organisations with the practical skills and resources necessary to keep children safe from harm. It runs assertiveness training courses for children and young people under the age of 16, their parents or carers, and those who work with them. Kidscape operates a telephone helpline for the parents and carers of bullied children.**

**Call 08451 205204 or visit:**  
**[www.kidscape.org.uk](http://www.kidscape.org.uk)** 3 Advice  
for parents and carers

## **Bullying UK (part of Family Lives website)**

Bullying UK have advice for [Young People and Parents](#) covering a wide range of bullying and Anti-bullying topics, you can also contact their support team Live Online and get help and advice one2one with experts.

**Call Parentline on 0808 800 2222  
or visit:**

**<http://www.bullying.co.uk/advice/parents-advice>**

## **National Parenting and Family Institute**

Advice for parents on how to support their children through bullying

**[www.npfi.org](http://www.npfi.org)**

## **Children's Legal Centre**

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

Free legal advice on all aspects of the law affecting children and young people

**Tel 01206 873820**

## **The Anti-Bullying Alliance**

**[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)**

Brings together over 70 organisations in one network to stop and prevent bullying.

**Tel 0207 843 1901**

# Acknowledgements

Poole Family Information Service has drawn on materials produced by The Anti Bullying Alliance Website, Young ABA (Keep an Eye on it) and respectme (Bullying... You can make a difference: A practical guide for parents and carers) in the preparation of this guide.



# Poole Family Information Service

**National Anti-Bullying Week  
14<sup>th</sup> – 18<sup>th</sup> November 2011**

