

## External Support

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## Acknowledgements

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Thank you to the following sites for the information used to make this resource:

<https://www.bullying.co.uk/advice-for-parents>

<https://www.anti-bullyingalliance.org.uk/>

<https://www.gov.uk/bullying-at-school>

### Brine Leas School

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## Information for parents and carers on our Anti-bullying strategy

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BRINE LEAS SCHOOL



*In a world of grey clouds, be the sunshine...*



## How to spot the signs of bullying

### Signs to watch for if you think your child may be being bullied

You may be unsure if your child is involved in a bullying incident. He or she could be acting as a bully, being bullied or upset because they have seen others behaving badly. If you suspect that your child is involved in bullying then look out for these signs:

- ⇒ bruises
- ⇒ broken or missing possessions
- ⇒ becoming withdrawn – not talking, or spending more time alone
- ⇒ changes in eating habits
- ⇒ changes in behaviour – becoming aggressive at home
- ⇒ sleeping badly
- ⇒ complaining of headaches or stomach aches
- ⇒ wetting the bed
- ⇒ worrying about going to school
- ⇒ suddenly doing less well at school

But there could be other reasons for these signs, so try to avoid jumping to conclusions.

Ask yourself the following questions:

- ⇒ Is there anything else bothering my child?
- ⇒ Have there been changes at home like a new baby, or divorce or separation?

If there has not been any other changes and you suspect bullying may be the cause of the distress and anxiety, it is important to try and act as early as you can.

## What to do if your child is being bullied

No parent likes to think about their child being bullied or, even worse, being a bully but the fact is, more than half of all children are involved

### Tips to help your child

- ⇒ "Listen without getting angry or upset,"
- ⇒ "Put your own feelings aside, sit down and actually listen to what your child is telling you – then show you have done so by 'playing back' to them what you hear.
- ⇒ Ask your child: "How do you want me to take this forward?" rather than just taking over so they don't feel excluded from deciding what to do or end up even more stressed/worried than they were already.
- ⇒ Reassure your child it's not their fault. There's still a stigma attached to bullying and some children feel they've brought it upon themselves.
- ⇒ Remind them that many celebrities have been bullied too. Being bullied isn't about being weak and being a bully isn't about being strong.
- ⇒ "Encourage your child to try to appear confident - even if they don't feel it,"
- ⇒ Sometimes people say nasty things because they want a certain reaction or to cause upset, so if your child gives them the impression they're not bothered, the bullies are more likely to stop.
- ⇒ Role-play bullying scenarios and practice your child's responses.
- ⇒ Talk about how our voices, bodies and faces send messages just the same way our words do.

### Things to avoid

- ⇒ Don't charge off demanding to see the bully or the bully's parents.
- ⇒ Never tell your child to hit or shout names back. It simply doesn't solve the problem and, if your child is under-confident (and most bullied children are) then it just adds to their stress and anxiety."
- ⇒ Never dismiss their experience: If your child has plucked up the courage to tell you about bullying, it's crushing to be told to "sort it out yourself" or "it's all part of growing up." Don't tell them to ignore it,

## How to talk to your child about bullying

Some children may find it hard to talk about it and may not respond well to direct questioning. You may not want to ask them straightaway if they are being bullied, but rather ask questions about their day, see if their behaviour has changed, how they're feeling and give them time and opportunities to talk to you about it. If your child has difficulties in explaining what is happening to them and/or communication difficulties, you may need to use different ways to communicate with them.

Try to explain that bullying is behaving in a way that upsets someone and that this can affect other children so badly that they don't want to go to school. If the bullying involves physical abuse like hitting or kicking, recall a time when your child was upset because they were hurt and explain that this is how someone else feels when they are attacked.

Ask your child how he/she would feel if someone was behaving like this to him/her and what he/she would want to have done about it.

## What to do at Brine Leas

- ⇒ Speak to your Progress Tutor
- ⇒ Speak to a trusted adult in school
- ⇒ Speak to your Progress Manager
- ⇒ Click the bullying button on the school website to speak to a peer mentor

