

## 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](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>

## Secondary 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 innocent party

A typical message you may receive could be: 'If you really love me, use your webcam to send me a revealing photo of yourself'.



#### The guilty party

'Thanks. All my friends are going to have a really good laugh at that'  
Possessing an indecent image and sharing and distributing such images online or by your camera phone is a crime. You could be arrested.

#### The importance of asking for help

If something has happened whilst you were online, such as a sexual advance, offensive chat or someone asking to meet up, then report it to a trusted adult.



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](http://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.