

## What can your child do to help?

- **Keep near friends you can trust**
- **Keep to public areas of school**
- **Refuse to listen and walk away if someone is unkind**
- **Use the systems in school to get help**
- **Practice how to say No**
- **Write down what has happened**

## Quick Checklist

- **Collect any evidence**
- **Alert the school**
- **Stay calm, give specific details.**
- **Work in partnership with school**
- **Meet regular to review the progress.**

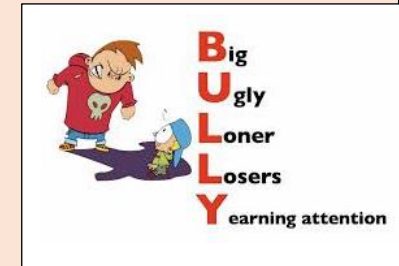
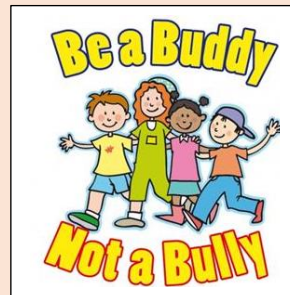


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**Help to deal with bullying**

**What is Bullying?**  
**How can I tell if my child is being bullied?**



## Definition of Bullying

The current definition of Bullying from the NSPCC is :-

Bullying is behaviour that hurts someone else .It can happen anywhere It's usually repeated over a long period of time and can hurt a child both physically and emotionally. Bullying that happens online, using social networks, games and mobile phones, is often called cyberbullying.

### What is Bullying?

It can take many forms e.g. hurting, social exclusion, name calling, threatening, victimization or cyber bullying. Some of these behaviours are part of growing up, however the focus changes to bullying if a child is persistently targeted over time.

### Symptoms of Bullying

- Being frightened of going to school
- Feeling ill every day
- Have unexplained bruises
- Stops eating
- Crying themselves to sleep.
- Refusing to talk about it
- Behaving unusually

## What a parent should do

- Talk to your child about their worries. Explore the facts. Be understanding.
- Provide reassurance
- Contact the school and make an appointment.
- Do not take the law into your own hands.
- Be a good role model-stay calm, be assertive that this situation will be resolved.
- Help your child to develop new friends
- Do not encourage your child to retaliate.
- Be prepared to work with the school.