



## The Potters Bar Consortium

### Tips for parents by parents on what to do if you think your child is bullying or is being bullied

- Listen and talk to them. They may feel out of control and ashamed - whether they are being bullied or bullying. Let them know you love them and want to help. Be clear that it is important for the bullying to stop and that the school will need to be involved.
- Make it clear you are there to listen and that you will not judge or be angry if your child talks to you about being different
- If your child is bullying others, think about what might be behind it – are they trying to get attention or fit in with the crowd, or are they unaware of how they are hurting others?
- Talk to the school as soon as possible. Try to stay calm when you talk to the teachers – it helps to write down what you know and what the school says to you about what they are going to do.
- If you think things are not getting better, ask to see the school's anti-bullying policy and make an appointment to see the head teacher.
- If your child is a victim of prejudice bullying, you could use topical news items or soap stories to start the conversation about bullying and prejudice.
- Find out how the school is working to stamp out bullying and talk to them about your worries around prejudice.
- Take care of yourself. Coping with your child's bullying may be very stressful – especially if it brings back memories of your own experiences. Try to take time for yourself or talk over what you feel with friends or family.

*All bullying tips, including if your child is being bullied, is a bully, cyber bullying and bullying, prejudice and difference, can all be found on the Parentline Plus website [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) with further support available at [www.besomeonetotell.org.uk](http://www.besomeonetotell.org.uk)*

Children needing advice should call ChildLine on 0800 1111 or log on to [www.childline.org.uk](http://www.childline.org.uk)