

Advice for parent



If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.

- **Listen** and reassure them that coming to you was the right thing to do.
- Try and **establish the facts**. It can be helpful to keep a diary of events to share with school.
- Assure them that the **bullying is not their fault** and that they have family that will support them. Reassure them that you will not take any action without discussing it with them first.
- **Don't encourage retaliation** to bullying - such as violent actions. It's important for children to avoid hitting or punching an abusive peer.
- Find out what your child wants to happen next. **Help to identify the choices** open to them; the potential next steps to take; and the skills they may have to help solve the problems.
- **Encourage** your child to get involved in activities that build their **confidence** and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).
- Discuss the situation with your child's teacher or Head teacher - or the lead adult wherever the bullying is taking place. **Every child has a right to a safe environment in which to learn and play.**

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[Anti-Bullying Alliance]



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Are you being
bullied?



IF YOU'RE BEING BULLIED



What is bullying?

Whilst there is no legal definition of bullying the Government defines bullying as: "Behaviour by an individual or group, [usually] repeated over time that intentionally hurts another individual or group either physically or emotionally."

Bullying can take many forms including:

- Physical assault
- Teasing
- Making threats
- Name calling
- Cyber bullying

Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, between neighbours or in the workplace.

What is cyber bullying?

Cyber bullying is bullying through a mobile phone or online (e.g. by email, instant messenger or on social network sites). Cyber bullying is just as serious.

STOP SPEAK SUPPORT



How to deal with bullying at school

If you are being bullied at school, tell a friend, tell a teacher and tell your parents. It can be hard to do this so if you don't feel you can do it in person it might be easier to write a note to your parents explaining how you feel, or perhaps confide in someone outside the immediate family, like a grandparent, aunt, uncle or cousin and ask them to help you tell your parents what's going on.

Here at NTC we have a red WHISPER BOX near reception for if you wish to talk to someone confidentially. Please write on paper and post it in the box, it will be treated with the strictest confidence and acted upon due to the urgency of the request.

Don't be tempted to respond to any bullying or hit back because you could get hurt or get into trouble.

Bullying includes:

- People calling you names
- Making things up to get you into trouble
- Hitting, pinching, biting, pushing & shoving
- Damaging your belongings
- Stealing your money
- Taking your friends away from you
- Posting insulting messages or rumours, in person on the internet or by IM
- Threats and intimidation
- Making silent or abusive phone calls
- Sending you offensive phone texts
- Bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them

If you need help or advice about bullying:



Under 18 Childline: **0800 11 11**



Over 18 Samaritans: **116 123**



Parents/Carers Family Lives: **0808 800 2222**



What can I do to help someone being bullied?



If you tell a teacher what has happened then the bully shouldn't find out that you've done that. The teacher should be able to quietly alert other teachers and keep an eye on the situation so that the bully is caught red handed and has only themselves to blame.

If you see someone being bullied they're probably very upset so make sure they know that you and your friends don't like what is going on and ask them to join your group.

Mental Health

Bullying affects young people's mental health, emotional well-being and identity. However, the relationship between bullying and mental health is complicated by the bi-directional nature of these issues; **some young people are bullied as a result of their mental health issues; and some young people develop mental health issues as a consequence of being bullied.**



There is a strong link between mental health and bullying. As the diagram shows, young people who have experienced bullying are more likely to experience mental health issues and those who have mental health issues are more likely to be bullied.