



If your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying.

- If your child is being bullied, **don't panic**. Explain to your child that the bullying is not their fault and together you will sort this out.
- **Bullying is never acceptable**; and should always be taken seriously. It is never your child's fault if they've been bullied.
- Try and **establish the facts**. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.
- **Find out what your child wants to happen**. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take.
- **You may be tempted to tell your child to retaliate but this can have unpredictable results**. Your child might get into trouble or get even more hurt. Rather – role play non-violent ways they can respond to children that are bullying them (e.g. "I don't like it when you say that to me / do that to me. Stop."); show them how to block or unfriend people if the bullying is online and help them identify other friends or adults that can support them.
- **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)

Access our free anti-bullying online information tool at
www.anti-bullyingalliance.org.uk/parenttool



Get some advice

There are many organisations that can give you some advice. Contact them if you are worried about bullying and want to talk to someone. <http://www.anti-bullyingalliance.org.uk/parentadvice>