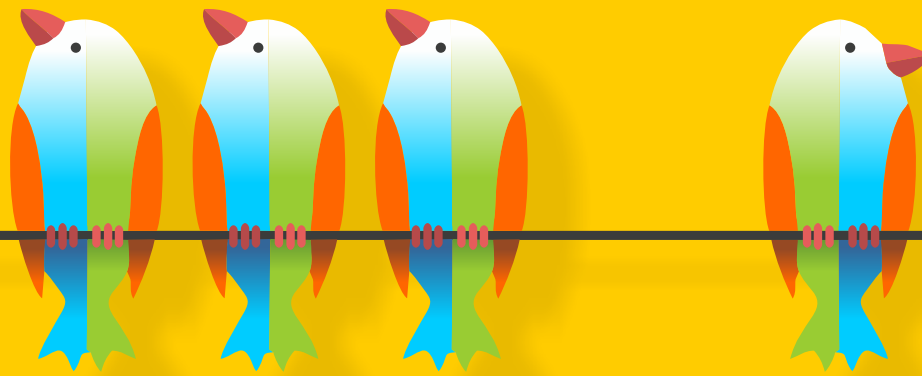


Top Anti-bullying Tips For Parents

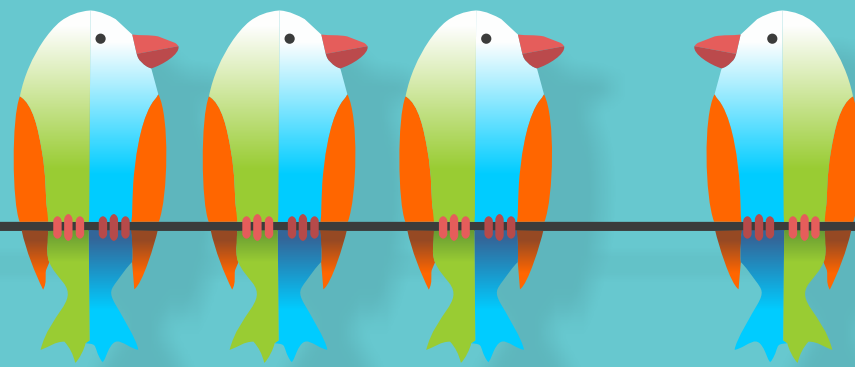


- if your child is being bullied, **DON'T PANIC**. Explain to your child that the bullying is not their fault and together you will sort this out
- **BULLYING IS NEVER ACCEPTABLE**, and should always be taken seriously. It is never your child's fault if they've been bullied
- Try to **ESTABLISH THE FACTS**. 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
- **PROMOTE RESPECT**. Respect should be at the heart of all relationships, whether face to face or online. Promoting and role-modelling respectful behaviour on a daily basis can help create the positive culture needed to prevent bullying in your school or setting

Bullying; It's Never Acceptable

Bullying; It's Never Acceptable

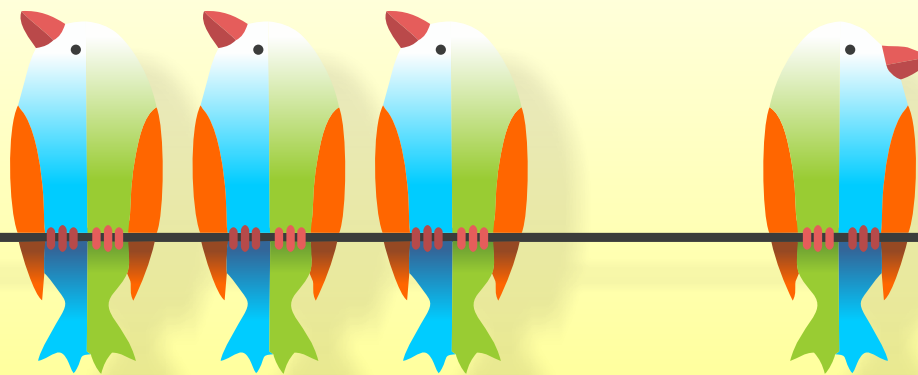
North Ayrshire Council's Approach to Anti-Bullying



- **DON'T PANIC.** If bullying happens, remaining calm supports good listening and is reassuring
- **GIVE YOUR FULL ATTENTION.** This shows you are being supportive and are taking them seriously. Gently encourage children and young people to talk, find out what happened, who was involved, where and when
- **HELP EXPLORE THEIR OPTIONS.** Exploring options together will help children and young people to regain a sense of control over the situation, and will help you to understand what support they need. Talk through the options they can try to make the bullying stop, or to help them manage how they're feeling
- **KEEP LISTENING.** If they are reluctant to talk straight away, remind them that you are always available to listen and they can talk to you at any time. Keep the lines of communication open and remember that the impact of bullying can last, even if the behaviour has stopped



Top Anti-bullying Tips For Young People



It doesn't matter what colour hair you have; what trainers you are wearing;
How you speak; how you walk; how you talk –
**It is not your fault if you get bullied. We are all different some way and that's
what makes us amazing**

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel
rubbish and it's okay to be upset about it.

The important thing is that you tell someone about it
If you feel you can, talk to a teacher you trust or your parents/carers, siblings or a
trusted family member.
If you don't want to do that
You can always call childline 0800 11 11
Or visit www.childline.org.uk

Keep a record of what happened, when it happened, and who was involved.
If the bullying is online,
Keep the evidence

It can be tempting if you are being bullied to retaliate – for example to send a
horrible message back to someone; to try and embarrass and hurt the other
person, or to fight back.
**This is not a good idea-you might end up being seen as the trouble maker or get
yourself even more hurt**

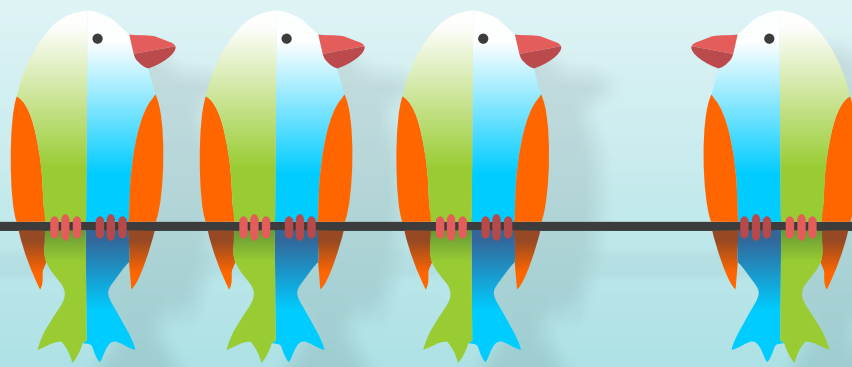
Think about other ways you can respond to bullying.
For example, practice saying: "I don't like it when you say that/do that – please
stop." think about other people who can help you if you are being bullied –
this could be other classmates, or a teacher

Only hang out with people who make you feel good about yourself.
If someone constantly puts you down they are not a real friend and
not worth your time

Bullying; It's Never Acceptable

North Ayrshire Council's Approach to Anti-Bullying

Top Anti-bullying Tips For Young People



Be kind to yourself

And do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join in a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down

You could tell an adult

In most cases this is good advice. Talking to someone you trust can really make a difference to how you're feeling; even if it doesn't make the bullying stop

You could ignore it

This can be a good coping mechanism, but it's not always easy to pretend that you're okay when you're not. So, if this isn't for you, try a different option.

You could keep a diary of what happens

Writing things down can be a really useful way of coping with how you're feeling; especially if you aren't ready to talk to someone about it

You could block or report users online

If the bullying is happening online, you can 'block' people and delete posts, but that won't stop other people from seeing them. You can also report offensive language or aggressive behaviour on social media sites

Don't bottle things up

It's important not to bottle up your feelings- this can make you feel worse. It can help to talk to a friend or someone else you trust about how you feel, even if you don't want them to do anything

