

## How can Restorative Approaches help my child?

Restorative approaches help to build, maintain and repair healthy relationships. Schools may use restorative approaches in a range of situations.

### The questions asked of those who have *been harmed* are:

- What happened?
- What did you think when you realised what had happened?
- How did it make you feel?
- Who else was affected?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

### The questions asked of the person who has caused harm are:

- What happened?
- What were you thinking at the time?
- How were you, or how are you feeling?
- Who has been affected and in what way?
- What do you need to do to put things right?



## For further information, advice and guidance

### respectme

Scotland's Anti-Bullying Service have a website that offers practical advice and guidance.

[www.respectme.org.uk](http://www.respectme.org.uk)

### ChildLine

Their website has a bullying section for young people and adults and offer a confidential helpline for children and young people.

[www.childline.org.uk](http://www.childline.org.uk)

### ParentLine

Is a confidential service for parents and carers.

[www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)

### CEOP

The Child Exploitation and Online Protection Centre website provides information and advice for online safety.

[www.ceop.gov.uk](http://www.ceop.gov.uk)

*Created in consultation with Children & Young People, Parents and Partners.*

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.



Council Textphone Number 01738 442573

All Council Services can offer a telephone translation facility

[www.pkc.gov.uk](http://www.pkc.gov.uk)

(PKC Design Team - 2013133)



## Anti-Bullying Support

### for Parents and Carers



## What is bullying behaviour?

Bullying behaviour is unwanted and uninvited verbal, physical, emotional or online conduct which causes distress and harm to the person experiencing it. The behaviour may be intentional or unintentional, can cause physical or emotional harm, may be repeated over time or be a one-off incident. Bullying is a combination of behaviours and the impact they have. It can be a range of behaviours including:

### Physical

*This may include hitting, kicking, pushing or taking someone else's property.*

### Verbal

*This may include spreading rumours, name calling, teasing or talking about people.*

### Emotional

*This may include excluding someone from the group, embarrassing someone or making someone feel bad for being different.*

### Cyber

*This often involves the same type of behaviour as other bullying, for example, name calling, spreading rumours or leaving people out, but it takes place online, on social networking sites, in chatrooms, during gaming or instant messaging platforms. Some online behaviour is illegal.*

### Prejudice-based bullying

*This may include being targeted because of who you are or how people see you.*

## How can bullying behaviour make my child feel?

The children and young people of Perth and Kinross have described bullying behaviour as making them feel:



## How would I know if my child was being bullied?

There are lots of ways that bullying behaviour can impact upon the child or young person who experiences it. Some ways in which it might affect them are:

- unexplained injuries;
- changes in school attendance;
- mood changes;
- become withdrawn;
- changes in achievement level at school;
- changes in eating and /or sleeping patterns;
- becoming more isolated.

## What can I do to help my child?

- *Listen to my child and believe them.*
- *Reassure my child and explain to them that it is not their fault.*
- *Reassure my child that we will work together to solve the problem.*
- *Report the behaviour to the school or organisation concerned.*
- *Preserve any evidence.*
- *Support my child so that they feel safe and comfortable about reporting their experience.*

## What can other people do to help my child?

- *Listen and believe my child.*
- *Be calm.*
- *Take my child seriously.*
- *Give my child and I support and advice.*
- *Help my child to feel safe.*

## What do I do if my child displays bullying behaviour?

- *Explain to my child that the behaviour is not acceptable and is not a joke.*
- *Explain to my child that their behaviour may have hurtful and damaging consequences to others.*
- *Employ non-violent sanctions for my child's actions.*
- *Help my child to understand that it's ok to be different.*