

## More support is available

**The Child Exploitation and Online Protection Centre (CEOP): [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**

The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children. CEOP also provides help and advice on cyberbullying and maintains a website for children and young people about staying safe online.

**Parentline Plus: 0808 800 2222**

Immediate support and advice for parents, 24 hours a day, seven days a week.

**Kidscape: 08451 205 204**

A telephone helpline for parents and carers of bullied children.

**Childline (24hrs) 0800 11 11** [www.childline.org.uk](http://www.childline.org.uk)

A free and confidential helpline for children and young people.

**Advisory Centre for Education: 0808 800 5793**

Advice for parents and children on all school matters.

**Children's Legal Centre: 08451 202948**

Free legal advice on all aspects of the law affecting children and young people.

**NSPCC Helpline (24hrs): 0800 800 5000**

Textphone 0800 056 0586 Email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**NSPCC Asian Helpline: 0800 096 7719**

(Mon - Fri 11am-7pm)

**NSPCC Advice For Young People**

[www.there4me.com](http://www.there4me.com)

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



If you would like this information provided in another language or format including large print, Braille, audio or British Sign Language please telephone

**01925 444400**



# BULLYING - tell someone



Information for parents/carers

Bullying can include:

spreading hurtful or untruthful comments  
**kicking**  
offensive graffiti  
**gossiping**  
taking belongings  
**hitting**  
name calling  
making offensive comments  
excluding people from groups  
sending inappropriate; text, email, phone or internet messages  
**pushing**

## What is bullying?

'Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group. It can be physical or emotional'.

## Talking to your child

It helps if you regularly talk to your child about school. Ask if they are happy with school life, who they talk to at break times and if they have any particular problems.

You may be unsure if your child is being bullied. If you suspect that they are, look out for one or more of the following signs. Your child could;

- show signs of stress - being moody, silent or crying, or bullying a younger sibling or friend
- make excuses to miss school, such as stomach complaints or headaches (or your child may be skipping school altogether)
- seem upset after using the internet or mobile, or change their behaviour - for example, no longer wanting to look at new text messages immediately - and be secretive and unwilling to talk about their online activities and phone use
- be withdrawn in their behaviour
- have more bruises or scrapes than usual
- change their eating habits
- have torn clothes, school things that are broken or missing, or have 'lost' money
- sleep badly
- be wetting the bed.

**There could be other reasons for these signs, so ask yourself:**

- Could there be anything else bothering your child?
- Could there be changes in your family life like a new baby, or divorce or separation that may be affecting your child's behaviour?

When a child is the target of bullying, they can feel alone and misunderstood. It is therefore vital that, as a parent or carer, you know how to support your child if they are caught up in bullying.

## How you can help your child

Listen to their concerns and write down what they say. Keep a bullying diary showing dates and what happened and find out if anyone witnessed what happened?

Keep all messages - don't delete them. Contact your network provider to block the sender from sending further messages.

Talk to your child's school; their class or form teacher. All schools have an anti-bullying policy and should know what to do to stop it happening and support your child. Stay in touch with your child's school. Let them know whether the bullying stops or continues.

