

I don't want my child being bullied so I tell them to hit back when someone says or does anything to them . . .



This is a comment we can hear in school. Unfortunately, hitting back does little to help the situation and often means that a child's reaction (hitting another child) does not match the size of the problem (e.g. being called a name) as children take this advice and use it no matter what the situation.

It also does not prepare children for teenage and adult life—where the consequences of hitting someone is far greater.

So, how can we respond instead? Support your child to:

- Be strong with their words - tell others that they do not like what they are doing/saying and that they won't tolerate it.
- Encourage them to build friendships with children who aren't bullying
- Involve trusted adults early and deal with the situation

I'm proud of who I am. This is me.

REMEMBER: Tackling bullying is not just about prevention and responding when it happens. Support children to build their self-esteem and confidence. Emphasise your child's strengths and help them to understand their strengths. When your child feels a sense of accomplishment and pride in their ability to do something, they will have more confidence to persevere when they face challenges.

AND FINALLY, WHAT TO DO IF YOU THINK YOUR CHILD IS BULLYING OTHERS:

If you believe your child might be bullying another child, it is really important to explain to them that harmful behaviour is not acceptable, and that it can be really upsetting and hurtful. Make sure they understand what bullying is.

Your child may also be upset or angry and may bully as a reaction to being bullied themselves or something going on in their lives. Your child knows they can talk to you, or to another adult if they are worried about anything.

(Source: Anti-Bullying Alliance)



HELP!

IS IT BULLYING OR NOT?

HELPING YOUR CHILD LEARN ABOUT SAFE RELATIONSHIPS

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WHAT BULLYING IS:

Bullying is defined as 'behaviour by an individual or group, repeated over time, that intentionally hurts another individual either physically or emotionally.' Bullying can be, but not limited to:

Emotional **Physical** **Racist** **Sexual** **Homophobic**
Verbal **Cyber**



THINK:

Is it . . . **HURTFUL, REPETITIVE, INTENTIONAL** and there is a **POWER IMBALANCE**? Then it is likely to be bullying

WHAT BULLYING ISN'T:

Not all situations where children are involved in conflict or relationship difficulties can be understood as bullying. Primary-aged children are still learning about social behaviours, being with others and what is right and wrong and why. Within this development, they will sometimes get it right and sometimes get it wrong.



THINK:

Is it . . . **OCCASIONAL, ACCIDENTAL, REMORSE IS SHOWN (and a willingness to put it right)** and there is a **POWER BALANCE**?

Then it is NOT bullying

WHAT TO DO IF YOU THINK YOUR CHILD IS BEING BULLIED:

- Try to remain calm, listen and let them know they did the right thing by telling you. Make a note of any incidents.
- Make an appointment to speak to your child's teacher so that you can discuss your concerns and agree the next steps

REMEMBER—Children learn to deal with difference and to resolve conflict from the example the adults around them set. If children see their parents dealing with conflict and resolving it effectively, they will learn these essential life-skills and be able to use them in the future. (Source: Anti-Bullying Alliance)



DEFINITION OF A GOOD FRIENDSHIP

A FRIENDSHIP RECIPE:

- Encourage them when they need it
- Talk about things you care about
- Make them laugh if they are sad Ask them if they are ok
- Help them if they need it Find things you like doing together
- Give each other space, we can't always be close friends
- Speak kindly about them and others
- Listen to their thoughts and feelings
- Forgive them if they get it wrong and say sorry if you do the same

I'm sticking with you!



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SAFE AND HAPPY RELATIONSHIPS:

- All children will fall out with their friends (and vice versa)
- Falling out and finding a way of making up is an important life lesson
- Children's friendships will change over time
- Children will not always stay close friends with the same children all of the time: that's ok
- Include others and don't leave others out
- It is important for children to be friends with more than one other child so they don't get possessive
- Some children will not have one close friend and that's ok
- Some children will prefer to spend some time on their own and that's ok as long as they do have some time with others

