

Anti-Bullying Parent Workshop

St Paul's CE Primary
15th November 2018

What is bullying?

Have a chat:

- What do you think bullying is?
- Define the key characteristics of bullying

Bullying definition

- ▶ Bullying is when someone deliberately hurts another or makes them feel unhappy.
- ▶ Bullying behaviour will be repeated and be difficult to defend against.
- ▶ **Bullying may be racist, sexist or homophobic. People can be bullied for any reason: because of the way they look, because of their religion, their age, because of learning or physical disability, where they live, their family, their social class, or how well they are doing at school.**

Different forms / types of bullying

- ▶ **Physical;** hitting, kicking, spitting, slapping, demanding money (extortion).
- ▶ **Verbal;** name calling, insults, offensive racist, homophobic or sexual remarks, threatening language, insulting family, place of residence, lifestyle, religion or friends etc.
- ▶ **Indirect;** excluding or 'blanking', spreading gossip, graffiti defacing or damaging property, offensive or abusive text messages, e-mails or posts on websites known as cyber-bullying

Cyber Bullying



- ▶ Any form of bullying that takes place online or through a mobile phone from another child or young person:
- ▶ Text messaging (also referred to as SMS or EMS)
- ▶ Video messaging (MMS)
- ▶ ‘Sexting’

Prevention

- ▶ **Mirror work being done in school with your child/ren**
- ▶ **Have on-going chats with your child/ren**
- ▶ **'Adult only' conversations**

How do you feel when...

- You are being bullied?
- You are involved in the bullying?
- You are standing by watching?

Why do bullies bully?

- **Children who are victims of domestic violence can become ‘bullies’ or be vulnerable to being bullied**
- **Children can bully and be victim at the same time**
- **May have witnessed traumatic event**
- **Influenced by media, family, wider community**
- **Not always obvious e.g. cyber bullying**
- **May be scared - Peer pressure**
- **Prejudiced motivated bullying**

How can we spot symptoms of bullying?

- ▶ Frightened of walking to and from school.
- ▶ Begins truanting.
- ▶ Becomes withdrawn, anxious, or lacking in confidence.
- ▶ Feels ill in the morning.
- ▶ Loss of appetite/comfort eating; unable to sleep
- ▶ Begins to underperform in schoolwork.
- ▶ Possessions go 'missing'.
- ▶ Asks for or steals money to pay the bully.
- ▶ Is frightened to say what is wrong.
- ▶ Self harming

What if....



- ▶ Your child is involved in bullying?
- ▶ Your child is part of a bullying or bystander group?
- ▶ Your child is at risk of or a victim of bullying?

How can parents help children be more resilient?

- ▶ Encourage assertive attitudes
- ▶ Inform a trusted adult
- ▶ Record incidents
- ▶ Challenge when safe to do so
- ▶ Walk away / ignore
- ▶ Encourage hobbies & activities e.g. self defence classes
- ▶ Peer support / friendship circles

What can parents do to prevent bullying?

- ▶ <http://www.internetmatters.org/>
- ▶ <http://www.bbc.co.uk/guides/zs83tyc>
- ▶ <https://www.facebook.com/safety>

Online Safety

- ▶ Social networking sites – is it legal?
- ▶ Monitoring internet use – does it happen?
- ▶ Mobile phones – internet access on most – what is your child doing / viewing?
- ▶ Text messages; web browsing; still/video cameras; video viewing/calling; app downloads; and gaming
- ▶ At risk of being groomed / exploited by adults
- ▶ Sexting – younger children are becoming more involved in this form of bullying



Top tips for parents

- ▶ Most anti-bullying agencies provide advice and guidance around prevention of bullying – check out online
- ▶ Reinforce the work done in school
- ▶ Parental controls - check with your mobile phone provider
- ▶ Stay informed so that you can have meaningful conversations about existing / emerging technologies

What does school do?



- ▶ Embed anti-bullying discussions into the curriculum
- ▶ Equality and diversity resources
- ▶ Up-to-date policies and procedures
- ▶ Staff training / parent workshops / pupil lessons
- ▶ Pupil support and empowerment schemes
- ▶ Participation in borough-wide events

Help, advice & support

- ▶ **NSPCC Childline: 0800 1111**
- ▶ **Kidscape: anti-bullying charity.** Developed the Primary Bullying Intervention Training Programme
- ▶ **Anti-Bullying Alliance :** www.anti-bullyingalliance.org.uk
- ▶ **Domestic violence 24hr free helpline – 0808 2000 247**
- ▶ <http://www.internetmatters.org/>
- ▶ **GALOP: www.galop.org.uk** LGBT anti-violence & abuse charity providing advice & support to people who have experienced biphobia, homophobia, transphobia, sexual violence or DV Helpline 020 7704 2040

Help & Advice

- ▶ <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>

Education

is the key to unlocking the world,
a passport to
freedom!



oprah Winfrey