

# HOW TO HELP YOUR CHILD IF THEY ARE BEING BULLIED



If your child is being bullied it can have a dramatic impact on their emotional and physical well-being, as well as causing great distress to you and your wider family. The situation can feel even worse if your child says they are being bullied due to the way they look.

In order to help, here is our is a four-part guide to helping your child if they are being bullied

## [ 1 ] IDENTIFY THE SIGNS OF BULLYING

- Damaged/missing clothes
- Asking for, or losing money
- Scratches and bruises
- Difficulty with homework for no good reason
- Being irritable, upset or particularly emotional
- Being withdrawn and uncommunicative
- Spending much more, or much less, time online or texting
- Not sleeping or eating
- Walking to school along a different route
- Upset stomach

## [ 2 ] WHAT TO DO NEXT

### 1. Listen

- Let your child tell you what is going on
- Ask how they would like you to proceed
- Remain calm - put your own feelings aside

### 2. Reassure

- It is not their fault
- They do not deserve to be bullied
- They have done the right thing in telling you
- They are not alone
- It is the bully who is in the wrong, not them

### 3. Strategise

- Assess how severe the bullying is
- Decide whether to contact school, the police, or come up with ways with your child to nip the bullying in the bud before it escalates

### 4. Find out more

- Who, when, where?
- Make notes

### 5. Nip it in the bud

- Ask your child how they might react next time
- Guide them to think of their own solutions
- Empower your child

### 6. Speak to school

- Investigate the school's anti-bullying policy
- Discuss with your child which teacher is best to talk to and make an appointment
- Be patient in allowing the school time to resolve the situation

### 7. If the bullying continues

- Keep a diary of every incident - record who, what, where, who else was there, whether your child told anyone, and what results that had
- Tell the school every time there is an incident
- Keep communicating with your child and monitor the situation
- Take their mind off it - plan fun activities to look forward to
- Praise them for their strengths and successes



## THINGS TO AVOID

- Don't tell your child to shout names back, or resort to physical violence
- Don't ignore them
- Don't minimise or brush off their experience
- Don't ask what they did to provoke the bully - teasing isn't always logical
- Don't go directly to the bully's family, this can sometimes escalate the situation
- Don't take your child out of school. This can make it harder to rejoin later and doesn't give the school the opportunity to resolve the situation

## [ 3 ] ADVICE TO GIVE TO YOUR CHILD

### 1. Avoid the bully

- Avoid areas where the bully usually hangs out
- Make sure you're with a friend at all times

### 2. Be assertive

- Be calm, confident and hold your head high
- Practice saying 'I'd like you to stop doing that' firmly and with eye contact

### 3. Don't feed the bully

- Bullies thrive on getting a reaction out of you  
Try not to get angry or upset
- Stay calm and they may get bored and lose interest
- If possible, walk away and ignore the bully

### 4. Tell an adult

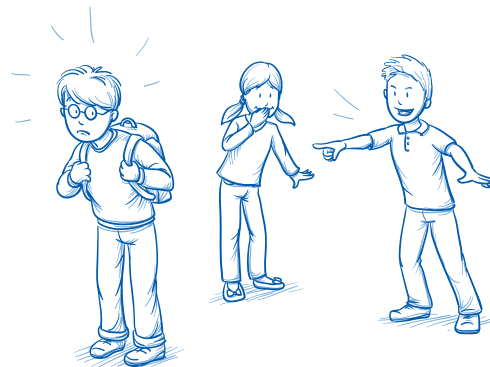
- Parents, teachers, relatives can all help

### 5. Talk about it

- Discuss what's going on with friends, siblings and relatives
- Even if they can't fix the situation, you will feel less alone

### 6. Block on social media

- Save the evidence first with a screenshot
- Report the bully's message, and block them



## [ 4 ] RESOURCES

- [Kidscape](#)
- [Ditch the Label](#)
- [Childline](#)
- [Family Lives](#)
- [NSPCC](#)
- [Childnet International](#)

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