



ANTI-BULLYING

INFORMATION FOR PARENTS

WHAT IS BULLYING?



Bullying is face-to-face and/or online behaviour which impacts on a person's sense of physical and emotional safety, their capacity to feel in control of their life and their ability to respond effectively to the situation they are in.

Honesty
Kindness
Respect
Aspiration

WHAT TO DO IF YOUR CHILD FEELS BULLIED

- Listen without judgement
- Reassure, and take their concerns seriously
- Report it to the school
- Work with the school to resolve the situation

HOW PARENTS CAN SUPPORT THEIR CHILD



Provide a safe, loving environment at home
Encourage positive relationships
Talk about bullying and its effects

- Help them develop coping strategies

PROTECTED CHARACTERISTICS



- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Race
- Race
- Religion or belief
- Sex
- Sexual orientation