



Anti-Bullying Week meeting for parents



Welcome

Purpose of this workshop:

- To remind people of the definition of bullying
- To think about different types of bullying
- To undertake some activities you could do with your children about being a good friend.



What is bullying?

- Bullying is intentional (not an accident).
- A bully hurts someone on purpose.
- Bullying is **repetitive**. This means that the bully hurts someone **over and over again**, it isn't an incident that happens **only once**.



What is bullying?

- In general, bullying is where one person acts like they have more power than another and does whatever they can to hurt that person.



5 types of bullying

Pixar short film "Lou" - from the start until 4 mins and 4 secs https://www.youtube.com/watch?v=tMxnaCy_6Wc



Different forms of bullying

- **Physical**: e.g. kicking, hitting and damaging their belongings.
- **Verbal**: e.g. name calling, taunting, threats and making offensive remarks.
- **Indirect**: e.g. spreading nasty stories about someone, gossiping and excluding people from social groups like games.
- **Cyber-bullying**: sending nasty emails, texts or making nasty phone calls.
- **Emotional**: making you feel small on the inside or worthless.



Spotting the signs

Children often find it hard to talk about bullying because they may feel humiliated, ashamed or they might be scared of reprisals. You may see signs such as:-

- unexplained bruises
- broken or missing possessions
- becoming withdrawn - not talking, or spending more time alone
- changes in eating habits
- changes in behaviour - becoming aggressive at home
- sleeping badly
- complaining of headaches or stomach aches
- wetting the bed
- worrying about going to school
- suddenly doing less well at school
- saying they are ill



But there could be other reasons for these signs, so try to avoid jumping to conclusions.

Ask yourself the following questions:

- Is there anything else bothering my child?
- Have there been changes at home like a new baby, or divorce or separation?

If there has not been any other changes and you suspect bullying may be the cause of the distress and anxiety, it is important to try and act as early as you can.



Talking to your child about bullying

- If you suspect that your child is being bullied, asking your child outright may not get them to open up to what is happening.
- You know your child better than anyone else, so trust your instincts about taking the best approach. They may not be ready to talk about it, so take small steps and let them know that you are there for them and can help them no matter what.
- Reassure them that you won't jump in and take action without discussing it with them first. This can go a long way to getting your child to confide in you.



Keep it general

There is no need to make the initial conversation about bullying too formal or complicated.

When you are busy making the dinner or watching a storyline, you could bring up a bullying scenario and ask your child what they think.

This will be a good starting point to discuss bullying in general and in more depth.



The importance of communication

- Keeping up with what is going on in your child's life can help you spot where a situation might arise or if there is an issue, your child might be dealing with without telling you.
- Taking an active interest in what your child gets up to can give them lots of reassurance, even if they don't show it!
- Try to keep up with how they are feeling, who their friends are, their **social media or online activity** and what is happening at school.
- This can really help to strengthen the bond between you and help your child feel confident and want to confide in you about their life and their world.



Talking to a younger child

- How you approach this conversation is age dependent.
- If you have a young child you may want to use a picture book or their favourite TV show to help illustrate your point.
- This will give them an insight into how others treat people and what to do if someone does cause them distress, such as telling mum, dad, or a teacher at school.



Talking to an older child

- If the child is older, you can use scenarios of bullying that have happened in real life such as on TV or in a magazine.
- You can talk about online bullying, **social bullying** or bullying at school.
- Ask your child what they would do if they were bullied, how they would react and what they would want to happen, this can be a great way to let them know what steps to take such as confide in someone they trust, collect screenshots or keep a diary of incidents.
- They may also want to talk about bullying they may have seen at school.



Are you worried your child is bullying others?

You may have heard something about [your child bullying others](#).

It is important not to react with anger but to calmly find out as much information as you can before taking any action.

Once you have the facts, have a chat with your child and ask them for their version of events. It is important not to jump to any conclusions or take a defensive stance.



If you believe that your child has acted in this way, talk to them about bullying, the impact this can have and find out why or what was the reasons behind their behaviour.

Have they been bullied before or has there been issues at outside of school?

Do they have a new friendship group that perhaps is not a positive influence?

It's crucial to find out as much information as you can in a calm way and work with the school to get this resolved.



Parent Survey - responses

My child feels safe at school

100% of parents who responded either agreed or strongly agreed (2016 - 2017)

100% of parents who responded either agreed or strongly agreed (2017 - 2018)

My child is well looked after at school

100% of parents who responded either agreed or strongly agreed (2016 - 2017)

97.6% of parents who responded either agreed or strongly agreed (2017 - 2018)

This school deals effectively with bullying

51.9% of parents who responded had not experienced any issues (2016 - 2017)

A further 43.6% of parents who responded said that they either agreed or strongly agreed (2016 - 2017)

49.4% of parents who responded had not experienced any issues (2017 - 2018)

A further 41.9% of parents who responded said that they either agreed or strongly agreed (2017 - 2018)



Anti-Bullying Week activities

Being able to talk with your child about issues surrounding bullying is very helpful.

The following activities might be a way to bring up the subject at home.

- Using pictures to talk about behaviour and feelings.
- Scenarios to discuss 'What would you do?'
- Playing a game
- Looking at the Blob Tree
- Reading stories
- Showing an interest in friends



Playing a game

The following game is an example of a game designed to encourage conversations about bullying and can be easily made and adapted at home.



The rules of the game

Take it in turns to play by spinning the spinner or throwing the dice and moving your counter round the board.

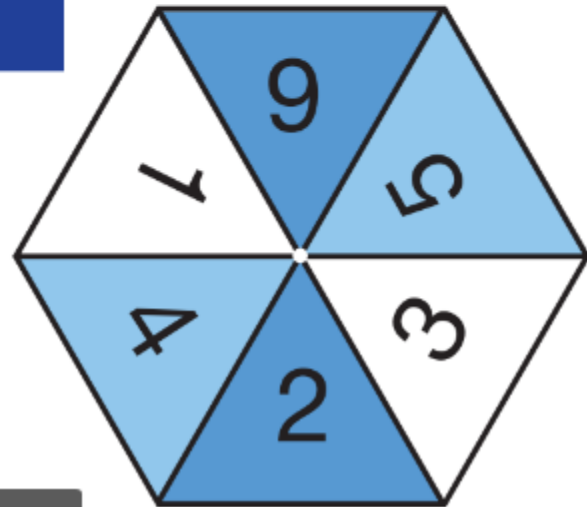
If you land on a smiley face you must say something good that happened to you today or say something nice about someone playing the game.

If you land on a star you must pick up a question card. You can answer the question, give the card to someone else or put it at the bottom of the pile.

If you are given a question card you must wait your turn and then you can answer the question or put it at the bottom of the pile.

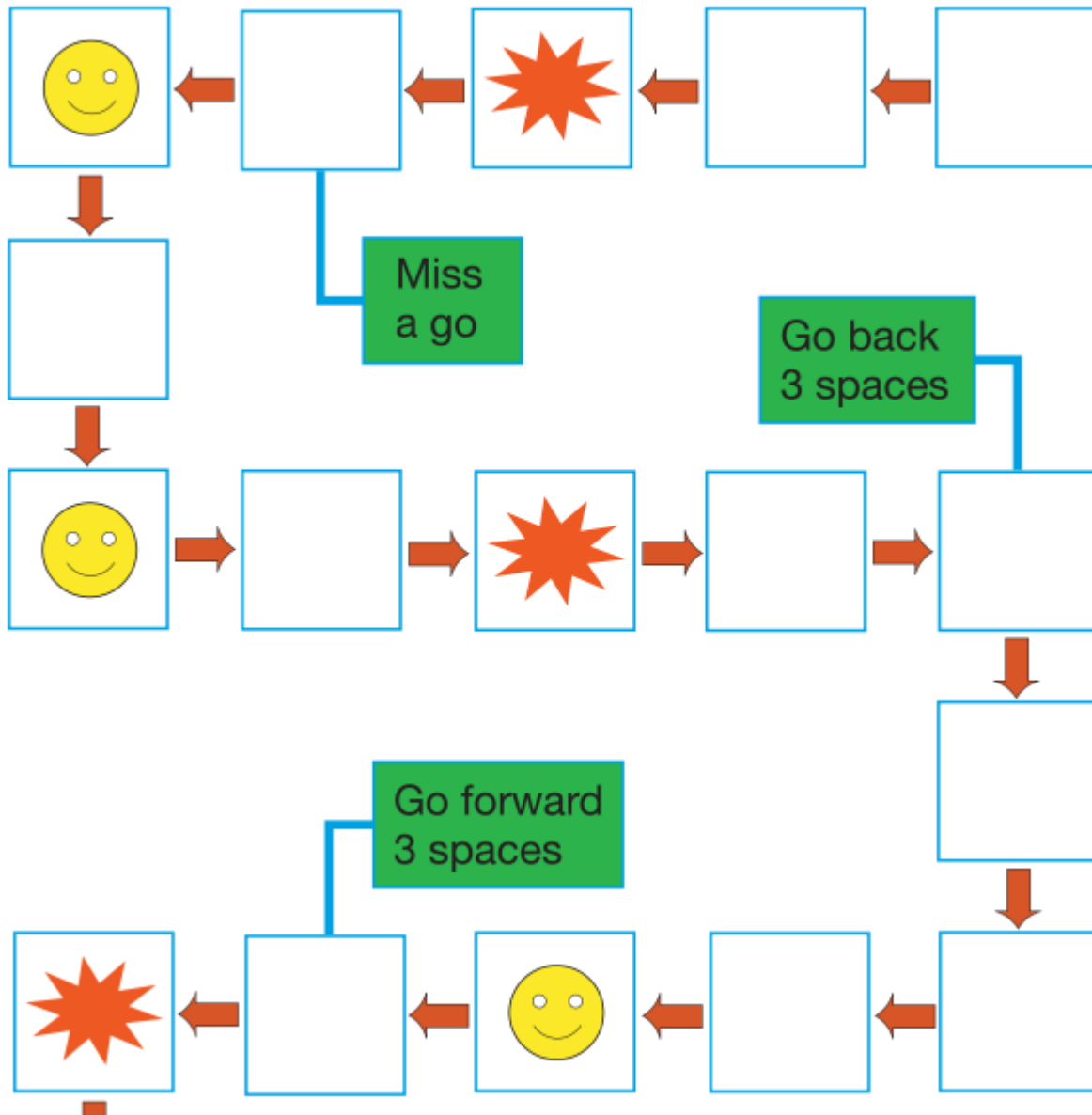
You can write your own questions on the blank cards.

**Cut out the counters, question cards and the spinner.
Make the spinner with a matchstick or pencil.**



<p>Have you ever been bullied? What happened and what did you do?</p>	<p>Name three school friends.</p>	<p>How do you make yourself feel better if you are lonely or upset?</p>
<p>What is your favourite place?</p>	<p>What place don't you like at school? Why?</p>	<p>Have you been angry this week? Why?</p>
<p>What should you do if you see someone being cruel to someone else?</p>	<p>Have you got a nickname? What is it?</p>	<p>Has anyone ever called you a name you didn't like? If you want you can say what it is.</p>
<p>What is the name of your favourite grown-up at school?</p>	<p>Where is your favourite place to be if you are feeling sad?</p>	<p>What things can the people playing the game do to make you happy?</p>
<p>What is the best thing that happened to you this week?</p>	<p>Who has been friendly to you this week?</p>	<p>Are you frightened of anything?</p>

start



Using pictures to promote discussion

- What is happening in the picture?
- How are they feeling?
- How do you know?
- What do you think has happened?
- Who have you seen looking like that/doing that?
- When have you felt like that?/ Done that?
- What might happen next?
- What would you do if you were them?









What would YOU do?

Discussing real or made up scenarios can be very effective. Some scenarios have options to choose from, while others are completely open.



Answers to choose from

2. When you were on holiday, your best friend started playing with a new group. When you try to join in they tell you to get lost. (child)

What would you do?

- A. Go up to them and say that you will tell the teacher if they won't let you join in.
 - B. Tell your best friend that you are feeling left out and talk about what you might do.
 - C. Go and find some new friends in the class and make sure they leave your best friend out.
 - D. Pretend that you are ill so you don't have to go to school.
 - E. Tell your parents or carer to go and see the teacher.
 - F. Your own idea.
-



More open examples

Everyone is afraid of three mean kids at your school. You're afraid, too. One day they ask you to hang out with them. *What would you do?*



A new student started at your school this week, and he is having trouble fitting in. Some of your friends have been laughing behind his back. *What would you do?*

Someone shoves you and wants to fight you. You want to stick up for yourself, but you don't want to get into a fight. *What would you do?*

You're invited to a party but your friend isn't. At the party, some of the kids make jokes about your friend and laugh at him. *What would you do?*



Short stories are another way
to get talking about bullying.



'I don't feel well, Dad,' Foro shouted. 'You can't make me go to school. Phone Granny, she can come to look after me.' Dad looked at Foro. She didn't look ill but she did look tired. 'OK, Foro, but you will have to stay in bed all day.' He picked up the phone and soon Granny had arrived and was busy making a special drink to help Foro get better.

Foro lay alone in bed. She was bored so she jumped out of bed and started to play with her teddies. She didn't notice Granny open the door.

'Foro,' said Granny, 'I don't think you are ill at all.'

When Dad came home, Foro was helping Granny do the baking. He ruffled her hair. 'You are looking better,' he said. Foro smiled.

'Time for school,' Dad shouted next morning. Foro snuggled down into her bed. Dad came upstairs and looked at Foro.

'I don't feel well, Dad,' she said.

'You used to love school. What is wrong?'

Foro shook her head slowly. She looked as if she was about to cry.

'Nothing, I just don't feel very well.'

With some follow up questions

- 'Do you think Foro is ill?'
- 'How many reasons can you think of for Foro not wanting to go to school?'
- 'What do you think Foro should do?'
- 'What do you think Dad should do?'
- 'Do you ever want to stay at home and not go to school?'
- 'Did you ever want to stay at home and not go to school? Why?'
- 'What did you do to make it feel OK?'

