

# ANTI-BULLYING TIPS

## FOR PARENTS & CARERS

### Equipping your child to understand what bullying is

Our definition of bullying:

"The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online."

[Learn more about the definition here](#)

Talk to your child about bullying, explain to them what bullying is, what it makes people feel like, and what people might be able to do if it happens to them (e.g. report it to a trusted adult). These conversations may help your child work out smaller relational conflicts on their own and prevent them from escalating into potential bullying. It may also encourage them to open up to you.

### What to do if bullying happens

#### If your child is being bullied...

- Don't panic - your key role is listening, calming and reassuring that the situation can get better when action is taken.
- Reassure them that coming to you was the right thing to do, that the bullying is not their fault and that you will support them.
- Establish the facts and take notes (incl. screenshots if it happened online).
- Ask your child what they want to happen next, and reassure them that you will not act without discussing it with them first.

#### If your child is bullying others...

- Stay calm and establish the facts. Talk to your child about the impact of their behaviour, and encourage empathy.
- Make it clear that you do not tolerate the use of disrespectful and hurtful language and behaviour as a family (it's vital that you model this as parents/carers).
- Help them realise that no-one has the right to pressure to do something they don't want - including bullying others.
- Make sure they are not bullying others in retaliation for bullying they have suffered.

[See more advice here](#)

### Further information advice and support

**Remember you don't need to face it alone! There are lots of sources of free advice:**

- Access our free anti-bullying [parent information tool](#).
- [Kidscape](#) provide workshops for children that need support with bullying issues as well advice for parents and carers
- [Contact](#) is a charity for families with disabled children, and can give advice on bullying issues.
- [YoungMinds](#) provide support for parents and carers around supporting your child's mental health.
- For keeping your child safe online both [Childnet](#) and [Internet Matters](#) provide advice and support.

#### Helplines

- [Family Lives Helpline](#): 0808 800 2222
- [Kidscape Bullying Advice Line](#): 0300 102 4481
- [NSPCC Helpline](#): 0808 800 5000

See more advice and support on our website: