## WHAT IS BULLYING?

Bullying is repetitive, intentional behaviour that hurts someone physically or emotionally. It usually repeated over a period of time.

Cyberbullying is any form of bullying online, this could be on a phone, IPad, laptop and gaming console.

Bullying/cyberbullying can have long-lasting negative effects on children and young people's mental health and wellbeing

THE EFFECTS OF BULLYING & CYBERBULLYING
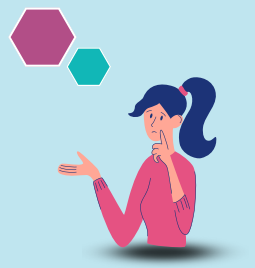
Bullying and Cyberbullying can have long-lasting effects on children and young people it can lead to:

Anxiety
Panic attacks
Self-harm
Eating disorders
Suicidal thoughts
Becoming withdrawn
Low Self-Esteem

COMPASS BE

WHAT MIGHT BE SIGNS SOMEONE COULD BE EXPERIENCING BULLYING?

Acting nervous

Finding it hard to focus in school

Becoming upset easily

Not wanting to be in school

Feeling unwell – stomach aches, headaches, etc.

Chnage in behaviour

Looking unhappy

Changing friendship groups

Becoming withdrawn

Spending more time alone

Struggle to manage emotions

Spending more/less time online

Refusing to go to school

Change in appetite

Struggle to sleep

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WHAT CAN PARENTS/CARERS DO TO SUPPORT?

1. Support your child to do things that make them feel good, listen to music, watch a favourite movie, go for a walk.
2. Let your child know you are there to talk, discuss what bullying is and ask them if this is happening to them. Listen, reassure them and let them know you are there for them.
3. If they don't want to talk let them know who who else they can reach out to, other trusted adults maybe in school and online charities.
4. Report any online bullying on the app/website this is happening on.
5. Report bullying/cyberbullying to your child's schools safeguarding team.

Where can children and young people find support?

If in immediate danger: **Call the police on 999**

Report online sexual abuse and grooming:
www.ceop.police.uk/safety-centre

Being bullied or in need of someone to talk to:
Call Childline on 0800 1111

Help to remove a nude image or video of themselves online:
www.childline.org.uk/remove

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

CLICK CEOP Advice Help Report

REPORT REMOVE

YOUNGMINDS
fighting for young people's mental health

WHO ELSE CAN SUPPORT US?

kooth
Kooth is a free online service offering emotional and mental health support for children and young people
www.kooth.com

shout 85258
here for you 24/7

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Text **YM** to **85258** for free mental health crisis support, any time of the day.

YOUNGMINDS shout
Crisis Messenger

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NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk

WHAT CAN I DO IF I AM BEING BULLIED?

Don't retaliate. It can be tempting to respond to the bullies in the same way. Think of other ways to respond to bulling like saying 'I don't like it when..'

Be kind to yourself, do things that make you feel good. Listen to your favourite music, watch your favourite film, cook, go for a walk, do exercise, spend time with family.

Talk to someone you trust, tell them what's happening. If you find this difficult you could write it down or text them.

Only spend time with people that make you feel good about yourself.

Keep a record of what is happening, save a copy of photo's, videos and messages for when you speak to an adult

Access support services online (Kooth, Shout)and speak to trained professionals about what is happening and how it is making you feel.

Try to speak to an adult about what is happening, ask them to listen and speak about how you feel. You could write a letter or make a video to show them, what ever feels easiest for you.

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WE ARE HERE TO HELP YOU BLOW AWAY THE STORMS

SUPPORTING YOUR CHILD TO UNDERSTAND WHAT BULLYING IS AND HOW IT CAN AFFECT OTHERS..

- Talk to your child and explain what bullying is and how it can make people feel.

- Some children and young people don't realise what they are doing is bullying, and how their words and actions affect others. It is important to let them know their behaviour is unacceptable and reassure them that you can help them to put it right.

- Teach empathy, ask your child to think about how they would feel if they were experiencing bullying.

- Sometimes, bullying is a communication that the child needs support. It is important to address the behaviour and find out what support the child needs.

BEING RESPECTFUL ONLINE

let's TALK

Talking regularly with your child is the greatest tool to help ensure they are using the internet appropriately. It is important to remind young people that the things we say to someone online can hurt their feeling just the same as saying it in person. Speak to your child about how to be respectful to peers online and talk about appropriate language to use during conversations with friends. If a young person uses digital technology to purposely embarrass, upset or make someone angry this could potentially lead to Cyberbullying.

For further support with your child's privacy settings and further information on social media apps, visit to websites below.

internet matters.org   UK Safer Internet Centre   www.saferinternet.org.uk   Childnet   CEOP   NSPCC   childline