

## ANTI-BULLYING AT CLEDFORD



How can I help at home?

The most important things you can do to help your child to understand, help prevent, and deal with bullying are to:

- Know what your child will be learning about bullying at school.
- Encourage and support them in trying out the skills they are learning at school.
- Model using non-bullying behaviour yourself, and showing respect for other people

This third role is probably the most difficult – unfortunately it is also the most important! Children are programmed to learn by watching, by trying out what they see others doing and by repeating behaviour that is rewarded.

Quick checklist: What bullying is (and isn't!). Your child will learn that bullying:

1. Goes on for a while, or happens regularly.
2. Is deliberate. The other person wants to hurt, humiliate or harm the target.
3. Involves someone (or several people) who are stronger in some way than the person being bullied. The person doing the bullying has more power; they are older, stronger, there are more of them or they have some 'hold' over the target (e.g. they know a secret about them).

Because these three things have to happen together for something to be called 'bullying', they will learn that bullying is not:

- A one-off fight or argument
- A friend sometimes being nasty
- An argument with a friend

Be a good role model in the way you talk about and treat others – your child will learn that everybody deserves respect.

Model empathy for others – talk about how other people might feel in different situations: in real-life, TV programmes, books, films and play.

Talk openly about what bullying is and how it feels – see the check-list above.

Make it safe for children to talk about bullying – let them know you won't make them feel silly whatever their worries.

Talk to children about different sorts of bullying. As well as physical harm, threats and taking stuff, it can include name-calling, leaving someone out (exclusion), rumour spreading or forcing children to do something they don't want to do. All of these can be as hurtful and humiliating as physical bullying.