

## Cyberbullying

Cyberbullying is any bullying behaviour that takes place 'virtually' via mobile devices like phones and tablets, through online social networks such as Facebook, Twitter and Instagram, and is also common on gaming sites.

Cyberbullying can happen in or outside school – whenever and wherever children have access to phones or the internet.

Examples of this kind of behaviour include inappropriate text messaging, e-mailing or blogging, sending offensive or degrading images by phone or via the internet, excluding individuals from group chat and creating false personas to mock or humiliate others.

There is strong expectation from government that teachers will tackle all forms of bullying, including cyberbullying, and in recent years they have extended powers such as the specific power to search for and delete inappropriate images/files on electronic devices, including mobile phones.

## Staying safe online

- Be vigilant when your child is using the internet. Can you see which sites they are accessing? Can they use the internet in an area of the house that is easily monitored by an adult? Do you know who your child is speaking to?

## Information and support for parents and carers

There is help out there—whilst we want you to come to us swiftly if there is a problem, take some time to research bullying and it will help you to understand why it happens and how we can work together to stop it.

### Family Lives

24 hour helpline for parents and carers who have concerns about bullying.

They also have an email facility.

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)

[@familylives](https://twitter.com/familylives)

### Contact a Family

- Free helpline for parents and carers of disabled children who have concerns about bullying.

Free advice guides and training for parents and carers relating to bullying.

- Network of parent support groups.

0808 808 3555

[www.cafamily.org.uk](http://www.cafamily.org.uk)

[@contactafamily](https://twitter.com/contactafamily)

### The Child Exploitation and Online Protection Centre (CEOP)

Website with information and resources for children and young people about staying safe online.

[www.thinkuknow.org.uk](http://www.thinkuknow.org.uk) [@ThinkuknowUK](https://twitter.com/ThinkuknowUK)

### Childnet

Website with information and advice for parents and carers on how to keep your child safe online including how to make a report online.

[www.childnet.com](http://www.childnet.com)

[@childnet](https://twitter.com/childnet)

### Ditch the Label

Ditch the Label provides research relating to all forms of bullying, designed to give insightful perspectives as well educate audiences of the causes, effects and prevention methods. Ditch the Label also provides email support to parents and carers.

[www.ditchthelabel.org](http://www.ditchthelabel.org)

[@ditchthelabel](https://twitter.com/ditchthelabel)

# Anti-Bullying Advice for Parents



## Thornton Primary School

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## What is bullying?

The Anti Bullying Alliance (ABA) defines bullying as:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

**At Thornton children have a right to an education in a safe and positive environment.**

## Spotting the Signs

Whilst there is no certain way of spotting whether a child is being bullied there are some signs to look out for:

- An unexplained illness.
- A reluctance to come to school.
- Unexplained bruising or torn clothes.

If you are worried discuss your worries with your child. Take care not to show your anxieties this may make your child feel worse or not confide in you as they do not want to upset you.

The ABA website has a great toolkit for parents that might help you:

<https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/what-bullying>

## What can we do about it?

We take Bullying very seriously at Thornton and make sure that we listen to children and act quickly to stamp bullying out. All kinds of bullying are unacceptable at Thornton. By parents and school working together we can stamp out bullying before it has a lasting affect on a child's self esteem and mental health.

Children who are perceived as bullies maybe behaving in appropriately because they are having difficulties in their own lives.

At Thornton we will treat each concern as individually and respond in a manner that reflects our School's ethos.

It is vital that children speak out immediately to a trusted adult if they feel they are being bullied and if children speak to parents then we could encourage parents to come to see us immediately.

**If we do not know we cannot resolve issues.**



## Talking with your child:

- Be patient, make time to listen to your child.
- Ask questions but do not interrogate.
- Show that you care and that your child is not alone.
- Do not make promises -t his may damage trust if you cannot fulfil them.
- Discuss what you could do with your child to help.
- Talk to us!
- Reassure your child that they have done the right thing.
- Reassure your child that school will deal with their concerns.
- Please do not try to solve the issue by confronting the child's parents—that can sometimes make matters worse.