

### Supporting your child who may have been bullying others

Invite them to talk but do not insist on them confessing to the deed. Do not try to punish them over their actions and this will make them more angry and resentful. Try to establish what it is you can do together to make the situation better and ask what type of help they find useful. Ensure that they are supported by friends who will help them to stop rather than encourage them to bully more. Encourage them to seek the support school are offering.

### Ways in which a child who are being bullied can be supported

Other things your child can do to help them reduce the likelihood of them being bullied is;

- Avoid areas where they have been bullied if it is possible.
- Make sure they have friends around them in places where they may be targeted if they are able to.
- They have someone in school they can talk to who understands their situation.
- They are given opportunities to talk in a safe and non-judgmental environment.
- They know that being targeted for bullying is not their fault and that the bullies need help to stop which is being given.

In school you can talk to:

Mr A Turner (Headteacher)

Mrs K Hepworth (Deputy Head)

### Other agencies you can contact

#### Early Intervention and Family

Support Service - 449166

#### Parent Support Service

The Bridge - 449481

#### Parentscope

Parentscope is a multi-agency drop-in for parents where you can talk about problems about your child that concern you. For your free and supportive advice over a cup of tea ring Gill on 626806

Held one afternoon every half term at Samares Pathways

#### Citizen's Advice

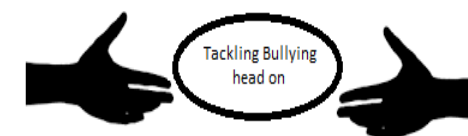
Ring 724942



# Leaflet for Parents and Carers

**Moving Jersey towards a  
bullying –free island**

# Tackling Bullying in Jersey PILOT PROJECT



# Information to help you deal with this situation

## PLEASE READ ALL THE LEAFLLET BEFORE TAKING ANY ACTION

### Why you have been given this leaflet.

You have been given this leaflet because school believes that your son or daughter has been involved in a bullying incident at school. The school management team are dealing with this matter and this leaflet has been given to you to help you understand what is being done and how you can help.

It is understandable if you may feel shocked and emotional given this information and it is very likely that your son or daughter will do also. Be reassured that the matter is being dealt with sensitively and in a supportive way. It is important we work together to find out what has been happening and how we can improve the situation for all the children involved.

### Information about people who bully

People who bully do so because they have tend to have difficulties they do not know how to deal with in a more socially acceptable way. People who bully often feel that hurting, controlling or dominating others will make them feel better. But this doesn't work - in fact it often makes things worse for them.

### What is bullying?

Bullying is a complex issue and finding a clear definition is hard to establish. Not all acts of hitting, kicking, humiliating or hurting someone is bullying but are anti-social in nature. Your school has a policy that describes their definition of what bullying is.

Non-bullying aggression will still be managed in school but not recorded as a bullying event.

Bullying is when an individual will deliberately and persistently hurt or humiliate someone either in person or on-line and usually occurs more than once. Bullying in it's simplest form is a social problem-solving tool people use to help them address a range of issues they feel they have got. Everyone has problems but not everyone uses bullying to manage them.

### What problems do bullies have?

People who bully are often being bullied by somebody else somewhere in their lives, whether it is in school and/or around where they live. This is likely to be one of the main problems they have. There are many other reasons why children choose to bully others but hurting others never helps them deal with the main issues they have and they get trapped in a cycle of bullying they find hard to stop and will need help to change their behaviours.

Friendships and social influences are important to a child who bullies others and this is likely to be a strong influence on their choice of whether to bully others or not. The social groups the child who bullies mixes with will also have an influence on how they choose to behave.

Children bully because they have problems they feel they cannot manage in any other way. If they are to stop this bullying, these issues need to be managed differently. School have skills and resources to help.

**It is vital that we address bullying as research shows that children who bully others are more likely to suffer long-term mental health problems than those who are the victims or don't experience bullying in any form.**

Support for children who have been bullied is not always as straight forward as talking to the victim and punishing the bully. Each person will have their own way of wanting to be supported and managed. Your school will be taking the lead in talking to those involved about how to manage this situation together. There is a range of support available in school including individual emotional support, friendship group support and intervention work with the child who has been bullying others. What is essential is your child feels able to talk about their experiences in a calm and supportive environment.

### How can I help this situation at home ?

This situation can be managed better if emotions are kept calm. If they are ready to do so, try to talk to your child in a calm and supporting manner. He or she is likely to feel angry, ashamed or embarrassed. If you need to go over what happened, try to establish facts if you can and do not try to force any admission or details from them if they do not want to talk about it.