

Support your child at school

Bullying

How to spot the signs.

Bullying among children is intentional aggressive behaviour.

It can take many forms, including being ignored, left out, teased, physically attacked, intimidated, humiliated or having personal items stolen.

Children tend to hide their feelings, so know the 'telltale' signs;

- **Bruises**
- **Torn clothes**
- **Asking for possessions to be replaced**
- **'Losing' dinner money**
- **Mood swings**
- **Quiet and withdrawn**
- **Anxiety**
- **Insomnia**
- **Poor performance in school**

If you suspect your child is being bullied talk to them about it. Tell your child you are concerned and ask a few simple questions.

Talk to staff at school and if you suspect he/she is being bullied take quick action.

Bullying can have serious long-term effects on children.

Useful contacts

www.bullying.co.uk
www.childline.org.uk/extra/bullyingindex.asp
http://stopbullyingnow.hrsa.gov/HHS_PSA/pdfs/SBN_Tip_7.pdf
www.mib.org.uk/xpedio/groups/public/documents/publicwebsite/public_rnib003216.hcsp#P58_5320

Childline – a free confidential 24-hour helpline for children and young people in trouble or danger
Freepost 1111, London, N1 OBR
Freephone 0800 1111