



Anti-Bullying & Friendship Awareness

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Our role as parents

- As a parent, our children, their happiness and safety will always come first.
- We strive for our children to succeed and that as a big part of their childhood; they have a happy experience at school.
- Therefore we expect schools to provide an environment that is emotionally and physically safe for our children.
- A fear we will always have, is that of our child being hurt, bullied or struggling to make friends.

Cont

- When our child comes home and shares their upset and fears from their school day our immediate response is to sort it out immediately and maybe to punish the people who caused your child to be hurt, embarrassed or scared.
- After all, this is your child and their happiness is paramount.
- It's normal to feel terrified and enraged about any kind of threat to your children's well being, especially in a place where they have to be.

What is Bullying?

Bullying is:

- deliberately hurtful behaviour
- often repeated over a period of time
- difficult for those being bullied to defend themselves

What is a friendship issue?

A fallout is:

- To argue with someone and stop being friendly with them

A fallout could be over.....

- Playing with someone else
- Accusing the friend of talking about them
- Jealously
- New friend in the group
- Not being invited somewhere
- Not being chosen to do something

What we need to remember

- Children under the age of 5 do not understand what bullying is.
- It is normal for children to have friendships fallouts, it is part of the child's development
- Often, it is an issue with friends and if children are left to deal with it you will tend to find that in most cases the problem is sorted the next day by your child and their friend(s).
- **Remember** it becomes bullying when it is repeated behaviour, over a period of time.

Bullying can be classed as many different things including:

- Physically hurting someone
- Threatening to physically hurt someone, or people or belongings precious to them
- Damaging someone's possessions/hiding someone's possessions
- Name calling
- Demanding property/favours/money by frightening someone or through force
- Stealing someone's belongings
- Humiliating or embarrassing someone deliberately
- Spreading Rumours
- Taking someone's best friend

Cont:

- Pulling faces/sniggering
- Blackmailing someone
- Whispering things about them
- Texting unkind or hurtful things (sometimes anonymously)
- Send abusive messages via email, chat rooms or web pages
- Put-downs, name calling, insulting or making fun of a person or person's family, culture or religion
- Sarcasm or mimicking
- Inappropriate touching or showing material that you know will be offensive
- Excluding someone or leaving someone out
- Racist, homophobic or sexually offensive remarks and/or behaviour

Is it bullying?

- A friend went behind your back and betrayed you by telling others something that you confided in them.
- Holly and Jasmine have fallen out over a boyfriend and Jasmine refuses to speak to Holly
- John has a disability which means that he cannot always control his movements. When he gets excited his hands jerk up. A group of boys always mimic him whenever he tries to join in the football game.
- Each time Ramon walks into a class a group of pupils giggle and whisper to each other.
- Your best friend has been invited to a birthday party by a class mate but you haven't been invited
- Terry spits into a can of coke and says he will make Jake drink it.

Signs to look out for

- Cuts, bruises or aches and pains, which are not adequately explained
- Frown or look unhappy
- Clothes, books or possessions are damaged or lost
- Your child requests extra money or starts stealing
- Comes home starving (because dinner money was stolen)
- Your child is leaving home or returning home at an earlier or later time, or uses a different route.
- Your child begs to be driven to school
- Your child starts to avoid the company of a particular person or group of people
- Your child loses interest in a previously favoured activity

Cont

- A marked change in behaviour
- Attendance at school begins to suffer
- Starts stammering
- Concentration and school performance deteriorate
- Behaviour becomes more immature or there is a re-appearance of previously resolved problem behaviour
- Behaviour becomes withdrawn, moody, aggressive or uncooperative.
- Child no longer wants to play or be near another child
- Attract other children or young peoples attention

Cont:

- Your child is reluctant to return to a particular place or activity
- There is sleep (including bed wetting) or appetite problems
- Self Harm
- Change in appearance
- Change of attitude in class
- Increased sensitivity (tearful)
- Insular
- **Remember these signs could mean something else too**

Bullying signs 5 – 9 years



<http://www.parentchannel.tv/video/bullying-5-9-signs>

What you should do

- Listen
- Your Reaction is important
- Get your facts right
- The full picture
- The next step

Cont:

- Keep notes of what your child says
- Speak initially to your child's teacher
- Try not to take matters into your own hands
- If you feel the teacher has not dealt with it make an appointment to see your Headteacher
- You are entitled to ask for a copy of the anti-bullying policy, this will outline how school deals with bullying

How to deal with bullying

<http://www.parentchannel.tv/video/bullying-5-9-advice>

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