

Bullying advice for Parents

Bullying is when a person hurts someone else on purpose, time and again. The hurt can be physical or emotional. Bullying can be physical, verbal (also can be via the mobile and computer), social, racial or sexual. It happens at any age (and is not just limited to children). Its effects can be lifelong and may contribute to depression, low self-esteem, shyness, poor academic achievement, isolation, and even threatened or attempted suicide.

What can parents do?

Look for the possible signs of bullying

Is your child:

- frightened of walking to or from school, or going on public transport, or going to a certain place that didn't disturb them previously
- Feeling ill in the mornings – tummy ache, headache, nausea
- Becoming withdrawn
- Having possessions 'go missing' or regularly having their possessions/clothes destroyed
- Becoming aggressive and unreasonable and may begin to bully others
- Having nightmares