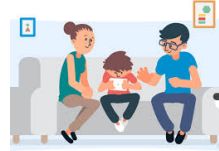


What is my next step?

- You may feel very angry/upset after speaking to your child. Take some time to calm down before approaching another parent/the school.
- If bullying is happening in the community, you may need to speak to a neighbour/ another parent. Keeping calm and trying to solve the issue together will usually have a much better outcome for your child.
- If bullying is happening in school or online you need to approach the school. The school has an anti-bullying policy and will have a clear plan of how to deal with the situation. Firstly, they will need to investigate which may take a little time. They will then decide the way forward with the primary objective of stopping the bullying behaviour and supporting your child.

Other ways to help my child:

- Do things they enjoy to take their mind off it and to build up their self-esteem.
- Encourage them to spend time with peers who treat them nicely.
- Keep checking in to see if the situation has improved.
- Tell them to keep telling until the bullying stops.



Keeping my child safe online.

- Agree when and where they can use their devices. Avoid them using devices alone or late at night.
- Know what platforms they are using and who they are communicating with.



Dealing with cyberbullying.

What to do if they are experiencing cyberbullying / receive a nasty message:

1. **Don't reply.** It feeds the problem and makes it worse.
2. **Keep the messages.** This keeps a record of the bullying for the school/ gardaí.
3. **Block the Sender** so they cannot continue to send anything.
4. **Show an adult** who can report the bullying to the platform/school.

Dealing with Bullying



Latnamard NS

A Guide for Parents & Guardians

What is bullying?

Bullying is unwanted negative behaviour, verbal, psychological or physical conducted, by an individual or group against another person(s) and which is **repeated** over time.

* One off incidents of name calling / aggression while upsetting, are not bullying and will be dealt with using the school's discipline system.

Types of bullying.

Bullying behaviour can include:

- name-calling
- taunting a child for succeeding in class or for falling behind
- making fun of appearance or clothing
- excluding a child from games
- making hurtful comments about family members
- physically hurting a child
- damaging, taking or hiding belongings
- writing notes or sending messages to or about a child e.g in a group chat
- writing something hurtful to or about another child online

Is my child being bullied?

Signs to look out for.

If you are concerned that your child may be bullied, here are some signs you may look out for:

- become withdrawn
- seem low or anxious
- appear less confident in themselves
- have unexplained scratches/bruises
- do not want to go out and play with friends
- do not want to go to school
- change their use of online or mobile technology
- complain of headaches, stomach aches or other issues
- become easily upset or tearful,
- display other out-of-character behaviour like anger

How can I help my child?

- Don't panic. Remaining calm supports good listening and is reassuring for your child.
- Open up a conversation. Sometimes this is easier if walking/doing an activity together.
- Give them time before talking if they need it. Remind them that you are available to listen any time.
- Establish where and when the bullying behaviour has taken place. Keep a log if necessary.
- Talk to them about their online safety. Establish which platforms they use, how they access them and what can be done to keep them safe.
- Ask them what they want you to do – this helps them to feel more in control.
- Reassure them that they have done the right thing by telling you what has happened.