



For Parents:

If your child has been bullied:

- Calmly talk with your child about his/her experience
- Make a note of what your child says – particularly who was said to be involved; how often the bullying occurred; where it happened and what has happened
- Reassure your child that he/she has done the right thing to tell you about the bullying
- Explain to your child that should any further incidents occur/he/she should report them to a teacher immediately
- Make an appointment to see your child's class teacher or form tutor
- Explain to the teacher the problems your child is experiencing
- Talking with teachers about bullying:
- Try and stay calm – bear in mind that the teacher may have no idea that you child is being bullied or may have heard conflicting accounts of an incident
- Be as specific as possible about what your child says has happened – give dates, places and names of other children involved
- Make a note of what action the school intends to take
- Ask if there is anything you can do to help your child or the school

Stay in touch with the school teacher or principal; inform them of if things are improving or the problem is continuing.