

Bullying (parent and carers)

Signs that your young person is being bullied

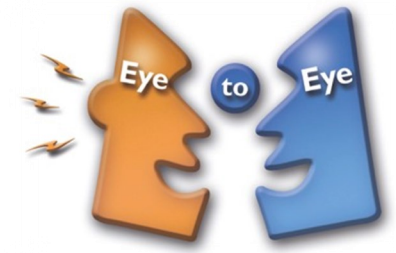
Signs may include:

- seeming low or anxious
- having less confidence
- feeling upset or panicky
- avoiding school or refusing to go completely
- outbursts of unexplained anger at home
- seem withdrawn, isolated, and wary of others
- having few friendships
- unexplained physical injuries such as bruises or scratches
- using things like self-harm or drugs/alcohol to cope with difficult feelings

Bullying can be a one-off or it can go on for a long time. Either way, it can cause young people a lot of stress and anxiety.

How can I help the young person?

- **Talk to them/ask them** about what's been going on- they may be too embarrassed to initiate the conversation
- **Reassure** them that you will support them in **the way that they choose and at their pace**- they may not be ready to talk to teachers/senior figures yet!
- Stay calm and **really listen** to what they have to say without interrupting them- avoid the temptation to get angry and take the matter into your own hands
- Check in with them **regularly** to see how they are doing
- Keep a **log** of the bullying i.e. screenshots, photos, diary logs with dates etc
- If the young person is in school and agrees, arrange a meeting with the HOY/ headteacher **as soon as possible**
- If outside of school, **plan together** for how to manage it if your child encounters the bullies, such as calling you, another trusted adult, getting to a safe space, or calling the police
- If online, encourage them to **block** the bullies, including any fake accounts they make
- Remind the young person of their positive attributes to **build up their self esteem**
- Encourage the young person to **practice lots of self-care** and to relax at home



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Bullying, a guide for parents](#)

[Bitesize: How to help your child reach out about bullying](#)

[NSPCC: Bullying and cyberbullying, advice for parents and carers](#)

[Bitesize: School anxiety and refusal](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Childline

0800 1111

www.childline.org.uk (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Kooth

www.koothplc.com

