



Recognising and responding to
bullying
A parent/carers guide

Kayte Walsh

Bit about me

- I was the anti bullying co-ordinator across Merseyside for 11 years
- CEOP Ambassador
- Youth Worker
- Mediation
- Mum
- Wife
- Friend
- I'm a big believer in self esteem and resilience

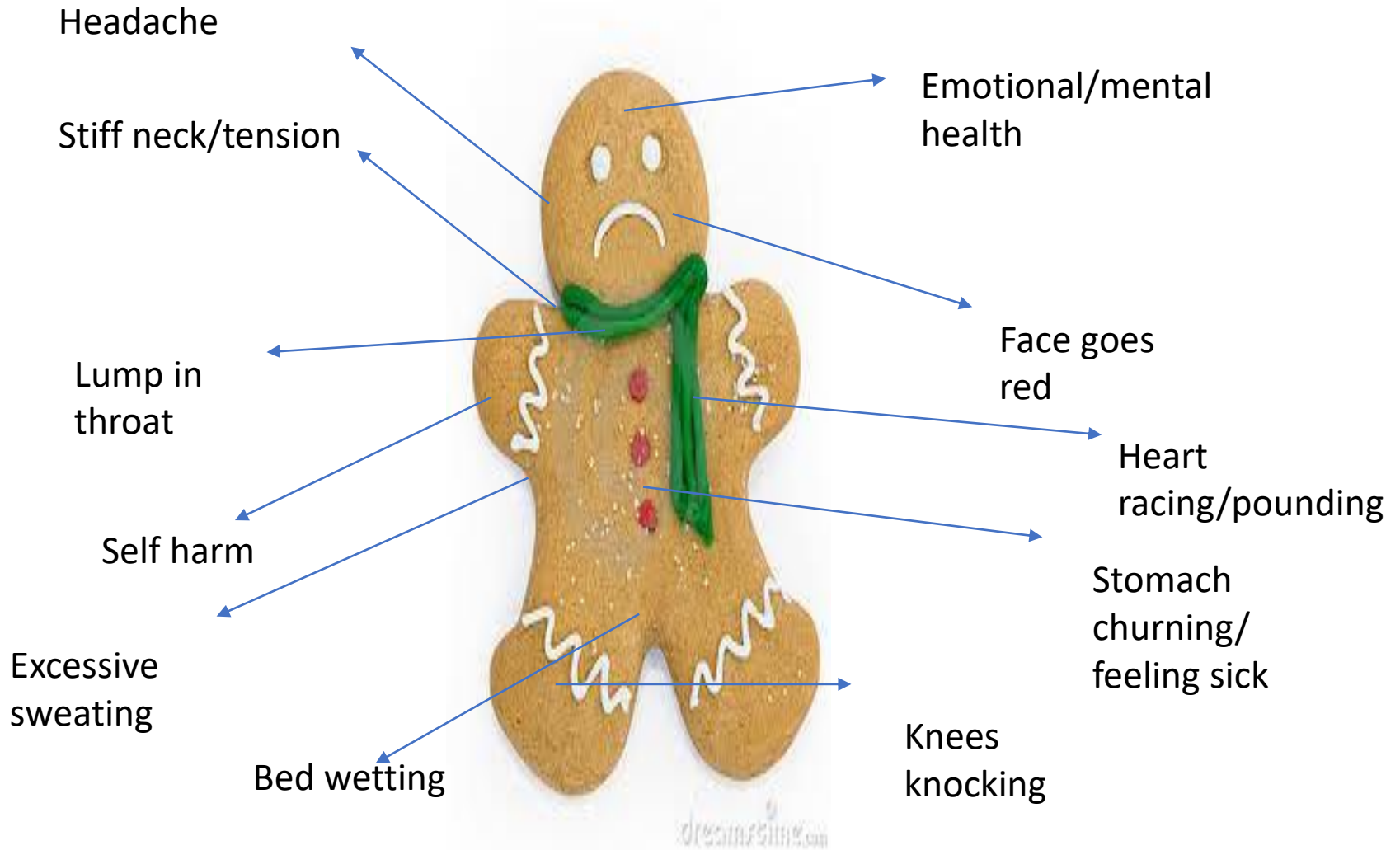
"I like Myself!
I'm glad I'm Me.
There's no one else
I'd rather be."
—I like Myself!

What is bullying?



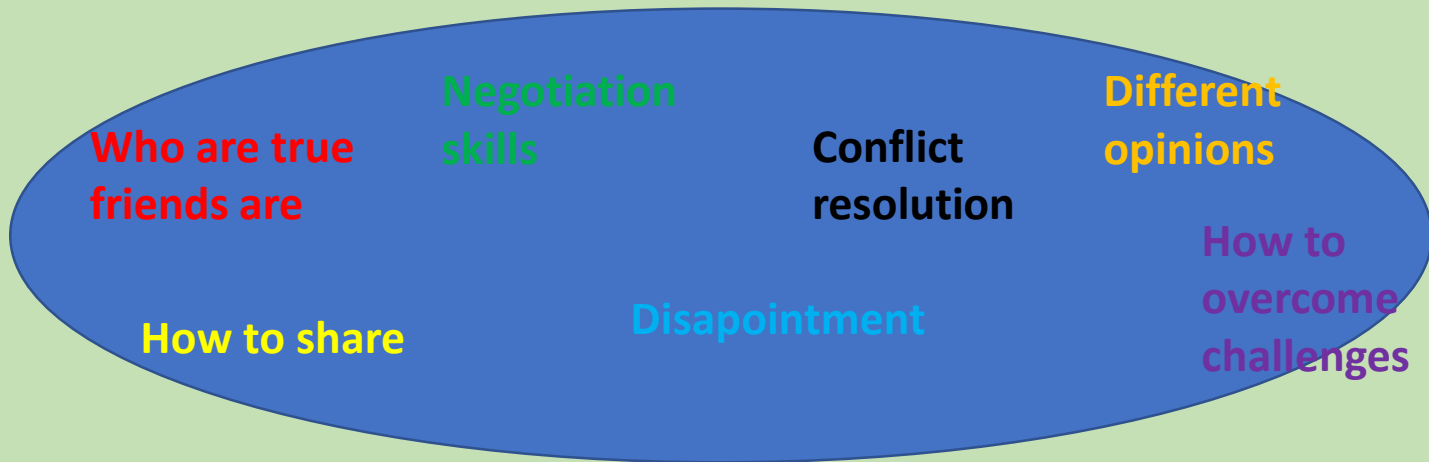
- Bullying can be VERBAL, PHYSICAL, CYBER/ONLINE or INDIRECT
- Over the years bullying has changed dramatically
- It is repeated over a period of time
- It is very personal to the person being bullied!
- It effects different people in different ways
- It can effect a parent/carer more than the child
- It is very damaging to self esteem – you start to believe what you are being called or told
- If left unchallenged it can easily become the norm.

How can being bullied effect you?



Friendship Fall outs and feuds.....

- They are an essential part of growing up
- We need them to develop many different skills and techniques



- If we prevent our children from resolving their own issues they are left with low resilience and can't deal with life's challenges
- Offer advice..... Be realistic..... Remain calm..... Allow them to fail

A few of the issues?



- Bullying is always one of the biggest fears of any parent or carer, especially when their moving on to a new challenge
- You are fed so many horror stories that our protective instinct kicks in
- You are led to believe that your son or daughter is subjected to hurtful behaviour that you have **NO CONTROL** over
- By law you **HAVE** to send your child to school – This causes frustration and anger
- You can become irrational and even the most approachable parent can become very difficult to compose and reassure
- Strong personalities can clash and they can find it difficult to forget/let go/ trust.

How to support your child if you feel they are being bullied



What you could do.....



- Work with the school to resolve any issues
- Contact their class teacher and ask for a meeting to discuss the situation.
- Keep a record of events
- Ask for a simple strategy to support your child
- A report/emotions card
- Arrange to meet again
- Focus on positive things when they get home from school

What's not advisable to do.....



- Tell your child to hit back
- Approach other families on the school yard or in the community
- Lose your temper at a member of staff
- Interrogate your child
- Talk about the situation on social network
- We have to remember that we are dealing with children and your Head Teacher has a duty of care to ALL of the pupils in their school

Next steps..... formal complaint



- Contact Head Teacher and request a meeting
- Ask for every member of staff to be made aware of the situation.
- Ask for additional support for your child
- Have a home to school link
- If the issue has still not been resolved, write to the Governors asking for an investigation
- You have the right to take your complaint as far as the department of education

What is self esteem??



- Self esteem is a feeling
- We need it to feel good about ourselves
- It gives us confidence
- It makes us want to learn and achieve
- As we grow up we hear and take notice of things around us
- People's words and actions can effect our self esteem
- Sometimes we take these words or actions to heart and we base our beliefs about ourselves on these words



How can having low self esteem effect children?

- They don't ever feel good enough
- They give up trying easily
- They feel that they have to impress friends
- They can become low in mood and sometimes angry
- They believe bad comments but not good positive things
- They want to change themselves to please others
- Small problems can become MASSIVE
- They don't trust people and think everyone is against them
- They don't take responsibility for their own actions and often blame others



Boosting self esteem and resilience

- 100 happy days
- Time to talk
- Exercise
- Family day out
- Laugh, laugh and laugh
- Out of school hobbies
- Invite friends over
- Don't reward bad behaviour
- Give age appropriate responsibilities
- Try not to focus on the doom and gloom



I HAVE



- People around me I trust and who love me, no matter what
- People who set limits for me so I know when to stop before there is danger or trouble
- People who show me how to do things right by the way they do things
- People who want me to learn to do things on my own
- People who help me when I am sick, in danger or need to learn

I AM



- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will be all right
- Happy with myself

I CAN



- Talk to others about things that frighten me or bother me
- Find ways to solve problems that I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or to take action
- Find someone to help me when I need it
- Laugh at myself
- Rule the world.....

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