

Want to find out more?

Useful Websites & Organisations

- www.parentlineplus.org.uk
Advice for parents with children being bullied or who are bullying others
- www.anti-bullyingalliance.org
Anti-Bullying Alliance, website includes links to more help and advice
- www.youngvoice.org.uk
Research and publications on young people's experience
- www.there4me.com
NSPCC advice for 12-16 year olds
- www.childline.org.uk
Childline, 0800 1111 – help for children and young people

Helplines, Advice & Information

- Parentlineplus
0808 800 2222
www.parentlineplus.org.uk
- Manchester Children's Information Service
0800 083 7921
- www.manchester.gov.uk
(follow links for 'Children & Families' or 'Parents')

* In this leaflet, the term 'parent' includes carers, such as **grandparents, foster carers or step-parents**

NHS



MANCHESTER
CITY COUNCIL

* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



For more information and support, you could try talking to your child's:

- SCHOOL NURSE
- TEACHERS
- GP

Books

Some good stories for older children and teenagers to read are:

- **Inventing Elliot**
Graham Gardner
- **Bad Girls**
- **Sleepovers**
- **The Dare Game**
All by Jacqueline Wilson

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ਕਿਰਪਾ ਕਰਕੇ 'ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah faadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ پبلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفا برای دریافت این جزوه به زبان فارسی یا سرویس اطلاعات کودکان
(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET

FOR PARENTS OF

11+

YEAR OLDS

Bullying & Friendship Problems

Friends are very important to children. They thrive when they have **supportive friendships** and can be lonely and unhappy when things go wrong.

There are many reasons why a child may be picked on or be aggressive or unkind to others.

Your children need you to help them **learn** how to make and keep friends, to be a **listening ear** and to take appropriate action to help stop **bullying**.



● **Bullying is a serious problem which undermines young people's confidence and sense of self-worth**

What counts as Bullying?

- It can include **hitting** and **threats, harsh or insulting words** (written, sent by email, text or spoken), **enforced silence** ('cold shouldering'), **spreading rumours, stealing** or **damaging possessions**
- Bullying often includes **picking on people** for being **different** (e.g. because of race, religion, disability, sexuality or family problems)
- Bullying can happen within **friendship groups** and may be seen as **'punishment'** for doing something wrong.
- **Unhappy** children are more likely to get bullied, and are also more likely to bully others

● **About 1 in 3 children don't tell anyone about bullying**



How YOU can help

ENCOURAGE FRIENDSHIPS

- Encourage them to invite friends round
- Help them find ways to make friends, such as joining things
- Try not to criticise their friends
- Talk about any worries
- Listen to their point of view

NOTICE SIGNS OF UNHAPPINESS, SUCH AS:

- Unwillingness to go to school
- 'Losing' money or possessions
- Spending a lot of time alone
- Sudden changes in who they spend time with

BOOST CONFIDENCE AND SELF-ESTEEM

- Praise them, even for small, everyday things
- Let them know you enjoy their company
- Show you're impressed and pleased when they do well
- Be interested in what they think and do

IF YOUR CHILD IS BEING BULLIED

- Make it clear it's not their fault
- Let them know it's good to tell you



- Reassure them you can help
- Discuss ways to handle it
- Talk to school and make sure you know how the school is dealing with it

IF YOUR CHILD IS BULLYING OTHERS

- Try and find out why
- Let them know you love them, though not the bullying
- Talk about feelings, not the detail of who did what
- Help them to say sorry ... and mean it
- Help them accept the consequences of what they've done

WHETHER YOUR CHILD IS BULLYING OR BEING BULLIED...

- **SHOW YOU CARE** that they are unhappy
- **TALK** to school and other parents
- **BE CONFIDENT** about taking action – they need **YOUR HELP**
- Aim to **CHANGE BEHAVIOUR** and feelings, not look for blame