

A PARENT'S GUIDE TO ANTI-BULLYING


It is important to understand the different types of bullying. It can be physical, verbal, or cyberbullying. It is essential to know the signs and symptoms of bullying. If you suspect your child is being bullied, it is important to talk to them about it. You should also talk to the school and the police if necessary. It is important to support your child and help them to deal with the bullying. You should also help them to build their self-esteem and resilience. It is important to remember that bullying is never the child's fault. It is the responsibility of the bully and the school to stop it. You should also help your child to report the bullying to the school and the police. It is important to remember that bullying is a crime and it is illegal to bully someone. You should also help your child to understand that it is not their fault and that they are not alone. It is important to remember that bullying can have long-term effects on a child's mental health. You should also help your child to understand that they are not alone and that there are people who can help them. It is important to remember that bullying is never the child's fault and that it is the responsibility of the bully and the school to stop it. You should also help your child to report the bullying to the school and the police. It is important to remember that bullying is a crime and it is illegal to bully someone. You should also help your child to understand that it is not their fault and that they are not alone. It is important to remember that bullying can have long-term effects on a child's mental health. You should also help your child to understand that they are not alone and that there are people who can help them.

BULLYING FACTS IN THE UK





SIGNS AND SYMPTOMS TO LOOK OUT FOR IF YOU BELIEVE YOUR CHILD IS EXPERIENCING BULLYING BEHAVIOUR_

- Isolation from social groups or gatherings
 - Changes in personality (quieter or acting out for attention)
 - Fall in school grades
 - Defensive body language
 - Stopped doing activities they enjoy
 - Regularly truant from school
 - Does not want to go to school
 - Being upset before or after school
 - Being secretive and hiding their phone or other devices
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In addition to the above:

- Encourage your child to talk to you about what has happened. They may also have a teacher who they trust and can go to for support in school too.
- Report the post/video or photos on the app/online platform. All online apps/platforms have online Help Centres where they outline the steps to report content. In most situations, reporting content is anonymous, so the person who posted the content will not know who reported it.
- Block the person posting the content. This will stop them being able to message your child.
- Save the evidence by screenshotting.
- Encourage your child to not reply or answer back, however tempting it may be.
- Stay positive.
- If your child is ever in immediate danger, ring 999.

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