

LEWISHAM PARENT PARTNERSHIP SERVICE

BULLYING

It is difficult for a child if they are being bullied. It can be one of the most difficult things a child will have to deal with. Bullying can be defined as deliberately hurtful behaviour repeated over a period of time, where it is difficult for those being bullied to defend themselves.

There are different types of bullying:-

Physical – being kicked, hit, etc

Verbal – name calling, racist remarks etc

Indirect – rumours, excluding someone from groups etc

Cyberbullying – when one child targets another child using interactive technologies

There are many signs of bullying that you may notice in your child. They may report feeling unwell when waking on a school day; they may appear anxious, withdrawn and quiet. They may be irritable or bad tempered. They may cry, wet the bed, be listless and tired etc. You can help by talking with your child. Help your child practise saying NO and walking away with confidence. Invite children to play with your child to help your child make friends. Talk to your child about telling their teacher.

If you think your child may be being bullied you can talk to the school, ask to see their Anti-Bullying policy (all schools must have one) which will state how the school deals with incidents of bullying. If your child tells you they are being bullied write to the Head Teacher expressing your concerns. Try to work with the school to resolve any issues. There are steps you can take if you still feel the matter has not been resolved. The policy will guide you.

You can also contact any of the organisations listed below for help and advice:-

Bullying online – www.bullying.co.uk

Childline – www.childline.org.uk

Tel: 0800 1111

Kidscape – www.kidscape.org.uk

Tel: 08451 205 204

Family Lives – www.parentlineplus.org.uk

Tel: 0808 800 2222

Department for Education national enquiry line

Tel: 0870 000 2288

Respond. - This is a charity for children with disabilities who are experiencing bullying, abuse or other problems. They can be contacted on 0808 808 0700 - calls are free.

www.respond.org.uk

Lewisham Council – www.lewisham.gov.uk - Lewisham Anti-bullying Policy and Guidance.

Lewisham Parent Partnership Service
The Kabin, Forster Park School, Boundfield Road, SE6 1PQ
Tel: 020 8695 5955 Email: lewishampps@pre-school.org.uk
Website: www.lewishamparentpartnership.org.uk