

**What to do if your teenager is being bullied in School**

If your child is being bullied there are things you can do to help them:

**1. Listen and Provide Emotional Support:**

- **Encourage Open Communication:** Let your child know they can talk to you about anything, including bullying. Stay calm and listen carefully to their experiences without interrupting or judging.
- **Validate Their Feelings:** Acknowledge their emotions and reassure them that it's okay to feel upset, angry, or scared. Let them know that bullying is not their fault.

**2. Gather Information:**

- **Get the Facts:** Ask your child for details about the bullying, such as who is involved, what has been happening, when and where it occurs, and if there were any witnesses.
- **Document Incidents:** Keep a record of bullying incidents, including dates, times, descriptions of what happened, and any evidence (e.g., screenshots of online bullying).

**3. Communicate with the School:**

- **Report the Bullying:** Contact your child's teacher, or principal to report the bullying. Share the documented incidents and express your concerns.
- **Work Together:** Request a meeting with school staff to discuss the situation and create a plan to address the bullying. Ask how the school will ensure your child's safety and what steps they will take to prevent further incidents.
- **Follow Up:** Maintain regular communication with the school to monitor the situation and ensure that the agreed-upon actions are being implemented.

**4. Empower Your Child:**

- **Teach Coping Strategies:** Help your child develop strategies to deal with bullying, such as walking away, seeking help from a trusted adult, or using assertive body language.
- **Build Confidence:** Encourage your child to engage in activities that boost their self-esteem and confidence, such as hobbies, sports, or clubs.
- **Foster Friendships:** Support your child in building a strong support network by encouraging friendships with peers who are kind and supportive.

## 5. Consider Professional Help:

- **Counselling:** If your child is struggling emotionally, consider seeking help from a school counsellor or mental health professional who can provide additional support and coping strategies.
- **Support Groups:** Explore support groups for children who have experienced bullying, where your child can share their experiences and learn from others in similar situations.

## 6. Address Online Bullying:

- **Monitor Online Activity:** If the bullying is happening online, monitor your child's social media and online interactions. Ensure privacy settings are secure and teach them how to block or report bullies.
- **Report Cyberbullying:** Report cyberbullying incidents to the platform where they occurred and, if necessary, to the school if the bully is a fellow student.

## 7. Know Your Legal Rights:

- **Understand Anti-Bullying Policies:** Familiarise yourself with your school's anti-bullying policies.