

Anti-Bullying and Behaviour Support For Parents

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Parent and Family Support Service
#THParentConf22

FamiliesMatter



Transition Support

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- Provided through Parent and Family Support Service
- Based at Parent Advice Centre



What We Do

Provide **impartial and independent** advice, information and support to families:

During key points of transition - including applications and appeals

- Nursery
- Primary
- Secondary
- In-year

Support a range of education issues

- **Bullying**
- Managed Moves
- Exclusion
- Home/school communication
- School Complaints Process



What Does Support Look Like?

- Outreach – face-to-face and virtual sessions (e.g. admissions, appeals bullying etc.)
- Outreach – attend events/parent forums etc.
- School meetings
- Face-to face meetings
- Drop-in
- Assigned caseworker (complex cases)
- Telephone support
- Teams/zoom – meetings/form filling etc.



My granddaughter is being Bullied

[My Disabled Granddaughter is Being Bullied | This Morning – YouTube](#)



What do you think about
this video?



What is bullying?

- Bullying is continuous behaviour which is done with the sole purpose to hurt someone either or both emotionally and physically
- Bullying is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as physical appearance or disability
- When we think of bullying, we may believe it happens in class, corridors, toilets and the lunch hall, however bullying is not limited to just the school building. It can happen anywhere such as on the way to or from school as well as via text messages, social media and gaming sites



The Anti-Bullying Alliance defines bullying as:
the repetitive, intentional hurting of one person or group
by another person or group, where the relationship
involves an imbalance of power.



Put simply this means any situation where your child is being deliberately and repeatedly hurt by other people and they find it hard to defend themselves. This could be face to face or online, in school or in the community. It may be physical, or it could be verbal or emotional.

For example, your child might be pushed around by others, called names, or be excluded from friendship groups.

Children may also target aspects about people they feel are 'different' – this could include disability, race, faith, gender, sex, sexuality, poverty, talent, skin conditions, allergies, or situation at home.



Cyber Bullying

Cyberbullying is when someone bullies' others using electronic means. This might involve social media and messaging services on the internet that are accessed on a mobile phone, tablet or gaming platform. The behaviour is usually repeated and at times can be as subtle as leaving someone out of a group chat or cropping them out of a picture.



Cyberbullying

Takes place online - over smartphones, tablets, online gaming, chat forums, social and other media. Online harassment is the act of sending offensive, rude and insulting messages and being abusive



Cyberbullying - Top Tips

- Screenshot any offensive or harassing messages.
- Check privacy settings and tell your child not to accept followers they don't know.
- Check location settings and turn them off.
- Block bullies.
- Report the bullying or harassment to the provider – look at their websites



How do I know my child is being bullied?



Look out for any changes in their behaviour
quieter or withdrawn or acting out and getting in trouble.
reluctant to go to school or take part in their usual activities
upset after using their phones or devices
frequent unexplained illnesses like tummy upsets or headaches. You may also
find that their sleep is disturbed, and
Disturbance in sleep and showing signs of anxiety or sadness
Your child may share with you that other people are unkind to them or have
said or done things to hurt them.

Always listen and take them seriously, consider the facts, and work with them on next steps. Children are developing physically, emotionally and socially and need our help to understand how to behave towards others and when they have crossed a line. For example, children need to learn when teasing or 'banter' can become bullying behaviour (e.g., when it's offensive and/or causes hurt).



- Unfortunately, due to fear or embarrassment some children/young people are not able to verbalise that they are being bullied.
- Any unexplained change in mood or behaviour could be as a result of bullying. Try to find out what is wrong, support your child and look out for signs



(Some) of the signs of Bullying

- Unexplainable bruises/injuries
- Broken or missing possessions
- Panic/anxiety attacks
- Bed wetting
- Complaining of headaches/stomach aches
- School refusal
- Behaviour changes- becoming withdrawn, quiet, aggressive
- Poor sleeping
- Changes in school performance



Question starters for younger children



What does bullying mean to you?

- **What does it mean to be a good friend?**
- **What do you look for in a friend?**
- **What are some of the ways you can be kind to other people?**
- **What can you do if other people are being unkind to someone?**
 - **What are all the ways that people can be different?**
 - **Why is it important to accept people for who they are?**
 - **How can you help someone who is sad or lonely?**
 - **Who can help you if you are worried about bullying or something someone has said or done?**



Question starters for older children



- What does bullying mean to you?
- Have you seen people bullying others?
- What are the different roles people have in a bullying situation?
 - What would you do if you saw or heard someone being bullied?
 - What would you do if someone said or did something hurtful to you?
- What does it mean to be a good friend?
 - How do you know when you have crossed a line and hurt someone?
 - What can you do if you have hurt someone?
- In what ways are face to face and cyberbullying the same/different?
- How can children protect themselves from bullying online?
 - How can children support others who are being bullied online?
 - When might bullying behaviour be a crime? (e.g. if someone is threatened with harm or encouraged to harm themselves, is physically hurt, is targeted for their race, faith, disability or sexuality, is harassed sexually)
 - What advice would you give to younger children who are being bullied



What If Your Child is Bullying Others?

- Children bully for many reasons. It is important to be calm and to help your child to see the hurt they have caused. Ask them to tell you about what is happening and remind them bullying is not ok.
- Suggest positive ways they can make friends and keep friends without hurting other people.
- Praise your child when they are kind, non-violent and responsible
- Work with the school if this is an ongoing issue
- Make sure your child isn't witnessing aggressive behaviour at home



What advice can I give my child?



Be kind and respectful to others

Recognise and stand up to justice

Understand true friendship

Grow in confidence

Establish physical boundaries

Make sure your child knows who else can help



- Make discussions about bullying and healthy friendships a regular part of your family talks – books/tv etc.
- Remind your child that bullying is something that can happen to anyone, and it is important to tell someone if anyone is being bullied
- Ask your child about their day at school
- Listen to your child, it's important your child feels they have a voice
- For younger children or children with disabilities you can use toys, puppets, happy and sad faces etc. to encourage discussion
- Take care not to your anxieties add to your child's problems by making them more anxious. Most children have a good time at school, they can deal with difficulties when they arise and have positive school experiences
- Your child is listening and watching your actions, so try and stay positive even if you encounter setbacks
- Think about your conversations, who you speak to - some conversations can be unhelpful, and your child does not need to hear them



How can I work with school to resolve a bullying situation?



Understand your legal rights – school bullying policy ([Bullying at school - GOV.UK \(www.gov.uk\)](http://www.gov.uk))

Stay calm and focus on stopping the bullying situation – record any incidences with dates and times and a brief description

Make sure your child feels included

Next steps- follow the complaints process



- **Read the school's anti-bullying, Behaviour, Complaints and Safeguarding/Child Protection policies - on the school website or school office**
- **Report the bullying immediately to the school following its advice/policy**
- **By law, all state schools must have policies in place to prevent all forms of bullying, they set out what the school will do in partnership with you and your child to address the situation**
- **Try to stay calm and polite and recognise what the school is doing well**
- **Listen to what the school is saying**
- **Make a note of what has been agreed and set a date to follow-up and review the situation**



If you feel school is not dealing with the issue:



- Meet with a senior leader or the head teacher and agree how you can all work together to address the bullying
- Record any actions and timescale in writing
- If you are still concerned the bullying has not been managed effectively, write to the school Chair of Governors to explain the situation and obtain further help





LADO

Local Authority Designated Officer
(allegations against professionals, including Childminders)

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Remember:

- That this may be the first time that the school has heard about the bullying
- Recognise that some bullying situations are complex and can take time to resolve
- School should record the incident and arrange to support your child during any investigation



Remember:



- Do not escalate the problem by publicly posting your concerns on social media, discussing in the playground or confronting children or family members
- If following the complaints procedure does not work, the Department for Education can review complaints about local authority schools and the Education Funding Agency about Academies

www.gov.uk/complain-about-school



Safety First

- If your child has been harmed or at risk of harm do not send them into a situation where they are not safe
- Contact Tower Hamlets children's services team and the police to report the situation
- You may want to get professional help such as counselling. Speak to your GP, school or Early Help Hub who will be able to refer you to the right specialist support



Top Tips

- **Record what is going on** - Keep a diary of what has happened where, with who, and for how long, including screen shots of online abuse
- **Report it immediately** - Agree with your child who is the best person to approach and what you need them to do (e.g., school, online platforms). The focus should be on making sure the bullying behaviour stops - recognise that there will be times when you will need to go against your child's wishes and contact the school
- **Consider who else can support your child** - This may their friends or teachers they like and trust. Encourage them to take part in activities that make them feel good about themselves and to have friendships





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Useful Links- General



- Family Lives www.familylives.org.uk
- Parent Zone (digital family life) www.parentzone.org.uk/home
- YoungMinds (for support with mental health) www.youngminds.org.uk
- Papyrus UK (suicide prevention support) www.papyrus-uk.org
- Report Harmful Content (for cyberbullying and online harms) www.reportharmfulcontent.com
- Childnet International (for cyberbullying and online harms) www.childnet.com
- Internet Matters (for cyberbullying and online harms) www.internetmatters.org/resources/social-media-advice-hub/social-mediaconcerns
- Anti-Bullying Alliance: Parent and Carer Online Tool www.anti-bullyingalliance.org.uk/parenttool



Poll



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Please complete when you receive this.

