

THIS WEEK'S TOPIC IS
BULLYING



What is the definition of bullying?

Bullying is the use of force, coercion, hurtful teasing, comments, or threats, in order to abuse, aggressively dominate, or intimidate one or more others. The behaviour is on purpose, repeated and habitual.

What can you do to help?

There are lots of things that you can do to support your child against bullying. These include

- talking to your child about bullies and bullying so they are not afraid to speak to you if something happens and you have a shared understanding of what bullying is.
- monitoring social media and phone use to ensure internet and messaging use is safe.
- build your child's self-esteem and self-respect so that the impact of bullying behaviour is lessened.
- stay calm if your child speaks about something that is happening to them, then support your child to report it in the correct way.



Putting things into perspective

Put things into perspective – one off incidents and fallings out with friends are not bullying and should be dealt with differently. Labelling everything as bullying is not helpful to children who are trying to navigate friendships and fall outs. However, targeted and intentional acts overtime should be raised with school as bullying.