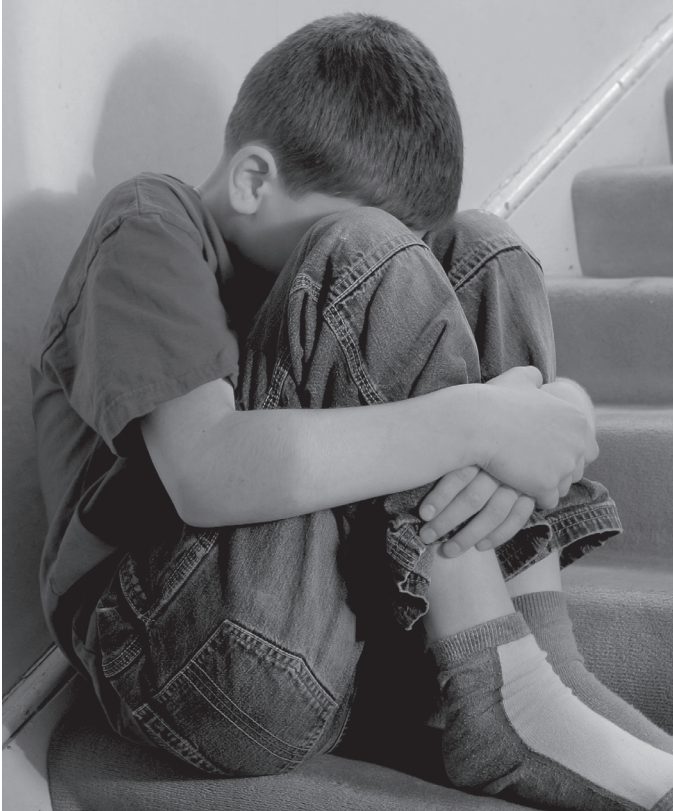


How you can help stop bullying



Nearly everyone is bullied at some time in their life. It can make you feel scared and alone. It can make you feel isolated and very sad.

Remember, no one deserves to be bullied.

Did you know?

Many famous and successful people were bullied when they were young – Tom Cruise (actor), Michelle Pfeiffer (actor), Mel Gibson (actor) and Phil Collins (singer).

If you don't tell someone, nothing will change.

In fact, it may even get worse, because the bully will feel more powerful.

I'm being bullied...

Who can I tell?

- Telling about bullying isn't 'telling tales' or 'grassing'; you have the right to be safe.
- All Hillingdon schools have anti-bullying policies and procedures for dealing with incidents.
- Keep a diary – write down details and your feelings. When you do tell someone, it will be easier to recall and to prove.
- Tell your parents or other adults you need their help. Don't suffer in silence.
- Encourage anyone who is being bullied to seek help.
- Nobody can do anything to help you unless you tell them about the bullying.
- Often people don't tell about bullying because they are frightened that the bully will find out and things will get worse. Schools can deal discreetly.



What can I do?

- Try and avoid being alone in places where the bully can pick on you.
- Encourage anyone who witnesses bullying to tell about it; otherwise they are behaving just as badly. There is no 'innocent' bystander.
- Consider joining some form of self defence course Judo, Tae Kwon-do etc.... Not to fight back but to give you more confidence.

Self-assertiveness for victims of bullying

There are three response styles:

- Aggressive – aggressive people act as if their rights are more important than others.
- Assertive – assertive people respect themselves and others.
- Passive – passive people behave as if others matter more than they do.

Often victims tend to be passive and bullies tend to be aggressive.

Learn to be more assertive.

- When you say **no**, say it firmly
- If you don't want to do something, don't give in to pressure. Be firm. Remember, we have the right to say no.
- Offer an alternative: "No, I don't want to play football; let's go for a walk instead".
- Don't make excuses: Keep your body posture assertive (don't stand all hunched up in victim-mode) and look the person in the eye.

You may have to pretend a lot at first and act in a way you don't really feel. But eventually the 'acting' will cease and you will be more assertive than you thought possible!

Changing school is often not the answer.

Bullying will follow if your resilience skills still need attention.

I think my child is being bullied...

Signs to look for

Children may:

- be unwilling to go to school
- change their route to school
- continually lose their pocket money
- ask for money or begin stealing to pay the bully
- cry themselves to sleep
- come home starving (because dinner money was taken)
- come home with uniform or books destroyed or taken

- begin doing poorly at school
- be aggressive to younger siblings
- become withdrawn
- self harm

If you believe your child is being bullied, you can talk to the head of year or headteacher who should take the matter very seriously. Bullying at school is not the victim's problem, it is a school discipline issue and schools should be prepared to take positive action to stop it.

If the bullying continues, you have the right to make a formal complaint in writing to the school Governors and, if still unresolved, then to the Local Authority OFSTED.

If your child's school attendance is affected by bullying at any time, please let the Attendance Support team know or contact them if you would like further advice

✉ Attendance Support team,
Hillingdon Council,
4E/09 Civic Centre,
High Street,
Uxbridge, UB8 1UW

☎ 01895 250858

@ attendance.support@hillingdon.gov.uk

More help

Childline

A confident free 24-hour line for children and young people in trouble or danger.

☎ 0800 1111

Joint Action Against Homophobic Bullying

☎ 01392 20 10 18

@ bullying@intercomtrust.org.uk

Karate Club Hayes

☎ 07715 113856

KIDSCAPE

Advice and information for parents of young people being bullied. Weekdays 10am to 4pm

☎ 08451 205204

Martial Arts

At Queensmead Sports Centre, Ruislip.

☎ 020 8845 6010

Tae Kwon-do

Venues around the borough.

☎ 01895 427357

Youth Access

Provides names of local youth counsellors.

☎ 020 8772 9900