

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing difficulties despite trying the tips in this leaflet
- notice your child is struggling with their mood and self esteem
- notice your child is having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- notice your child is having worries that make it hard to sleep or focus on other things
- feel the situation is not being resolved in school

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 and 24.

www.kooth.com

Anti-bullying alliance

From further information around how to tackle bullying, the anti-bullying alliance offer a variety of resources for pupils, parents and school staff.

anti-bullyingalliance.org.uk

If you need to talk to somebody right now, these organisations can help:

 NHS 111 ChildLine 0800 1111 Shout 85258 Samaritans 116 123  In emergencies, call 999

USEFUL APPS



Calm App



Pzizz



Headspace



Spotify



Mental Health
Support Team
Portsmouth

Portsmouth
Mental Health Support Team

NHS

Solent
NHS Trust



ANTI-BULLYING

PICK-ME-UP



PARENT GUIDE



[pik-mee-uhp] *noun*

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.

WHAT IS BULLYING?

The Anti-bullying alliance describes bullying as "the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online."

The different types of bullying are:

Physical

E.g. hitting, kicking, tripping up, spitting, taking or damaging property.

Verbal

E.g. name calling, insulting, teasing, 'jokes', mocking, gossiping, secrets, threats.

Non verbal

E.g. staring, body language, gestures, posturing.

Indirect

E.g. excluding, ostracising, rumours, emails, messaging phones, notes, rude gestures.

Cyber

E.g. text messaging, burn pages on social media, the misuse of cameras or videos, nasty messages.

HOW CAN BULLYING AFFECT MENTAL HEALTH?

Bullying has a huge impact on people both in the short and long term, no matter what age they are. Research shows that mental health is severely impacted by bullying, and can lead to challenges linked with social anxiety and PTSD. Those that are bullied in school also are not able to reach their full academic potential.

Bullying has a severe impact on:

- Long term impact on mental health
- Educational attainment
- Ability to form social relationships
- Emotional wellbeing
- Feeling unsafe



Talking about bullying can be difficult, and it may be distressing for both you and your child. Try not to panic if they come to you, and use your role to listen and reassure them that action can be taken.

WHAT DOES IT LOOK LIKE?

Conflicts happen often in the school environment, so it is important to be mindful of these differences and finding a solution to either.

Bullying	Conflict with peers/friends
Repeated, hurtful behaviour	Happens occasionally
Deliberate or intentional behaviour that causes physical or emotional harm	Accidental
Imbalance of power	Equal power
No remorse	Remorse
No effort to solve the problem	Effort to solve the problem

WHAT CAN I DO TO HELP?

- Listen and reassure your child that coming to you was the right thing to do.
- Assure them that what happened is not their fault and that they have family that will support them.
- Don't encourage retaliation to bullying - such as violent actions.
- Find out what your child wants to happen next.
- Encourage your child to get involved in activities that build their confidence and esteem.
- Discuss the situation with your child's teacher or senior staff member.
- When listening to your child, resist giving your opinion or offering a solution - this can be really hard when you want to share your views on what's happened and come up with a way to solve the problem.
- Don't interrupt - this can be particularly difficult when your child is sharing an aspect which is distressing, but the goal is to let them express what is happening and how it makes them feel.

Remember: Encouraging your child to retaliate to the bullying will make the situation worse. Try to help them problem solve and seek support in school.