

Bullying Awareness workshop for parents and carers


Delivered by Ashley Rolfe



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- Longest running Anti-bullying charity, founded in 1985
- We provide help and support to children and families (ZAP, RISE Parent Advice Line)
- Policy and campaigns (Friendship Friday each November during Anti-bullying week)
- Media engagement
- Training for professionals CPD




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Training courses

Kidscape are a UK leading, Award winning provider of Safeguarding and Child Protection, Bullying Awareness, Peer Mentoring and Online Safety training. We provide specialist training courses to schools, sports clubs and all organisations that have a duty of care towards children and families.

- Basic Safeguarding and Child Protection
- Advanced Safeguarding and Child Protection
- Safeguarding and Child Protection Awareness: Early Years
- Safeguarding Adults Awareness
- Safeguarding Adults at Risk Intermediate Level
- Bullying Awareness Training for Staff
- Bullying Awareness Champion Training for Children
- Bullying Awareness for Parents and Carers
- Bullying in the workplace
- Online Safety and Cyberbullying Awareness for Staff
- Online Safety and Cyberbullying Awareness for Parents and Carers
- Peer Mentoring Training
- Sexual violence and sexual harassment in schools and colleges – training for staff
- RISE Transition support





Kidscape - the United Kingdom

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Our vision is for all children to grow up in supportive communities safe from bullying and harm.

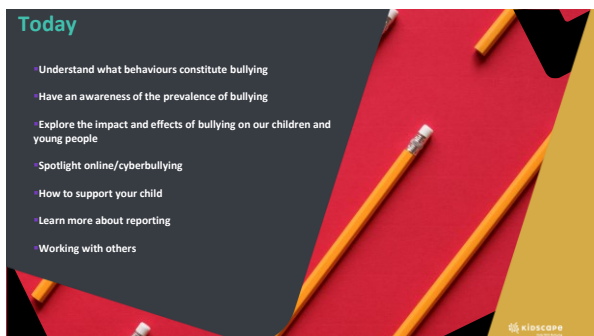

Our mission is to provide practical support, training, and advice to challenge bullying and protect young lives.




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Today

- Understand what behaviours constitute bullying
- Have an awareness of the prevalence of bullying
- Explore the impact and effects of bullying on our children and young people
- Spotlight online/cyberbullying
- How to support your child
- Learn more about reporting
- Working with others

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So...What is BULLYING?








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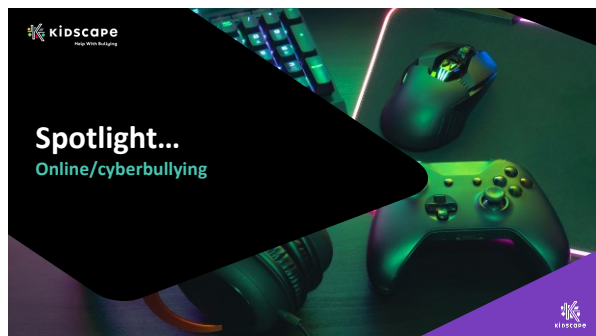
“Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.”

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Types of Bullying

 <p>Physical</p> <ul style="list-style-type: none"> Hitting Kicking Shoving Sexual violence Damaging possessions Spitting hazing 	 <p>Emotional</p> <ul style="list-style-type: none"> Spreading rumours Manipulation Team exclusion Mimicking Shaming Expectation 	 <p>Verbal</p> <ul style="list-style-type: none"> Name calling Hurtful comments Threats Harassment Banter 	 <p>Online</p> <ul style="list-style-type: none"> Posts Messages Tagging Impersonation Exclusion Rumours and accusations
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Cyberbullying

- Hassling** – or pressuring someone to do something they do not want to do such as sending a sexually explicit image.
- Sharing pictures** – videos or personal information without the owners' consent – with intent to cause harm or humiliation.
- Excluding / Rejecting / Ostracising** – often through the use of like/dislike options or exclusion from chat sites.
- Abusive comments** – Rumours, Gossip, Threats – includes internet 'trolling', inciting others to self harm
- Creating dedicated websites** – that intend to harm, make fun of someone or spread malicious rumours.
- Impersonation** – Send hurtful or inappropriate content while posing as another person.
- Hacking** – into online profiles to extract and share personal information.

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Young People don't always use the term CYBERBULLYING.....
How many do you know...

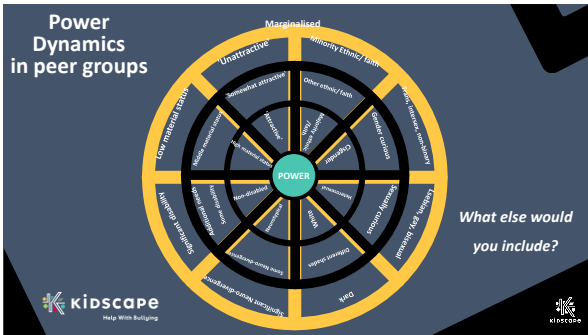
Catfishing	Dissing	Topping	Outing
Ghosting	Masquerading	Griefing	Doxing
Closing	Cyberstalking	Indirecting	
Stressing	Flaming	Trolling	
Roasting	Tagging	Baiting	

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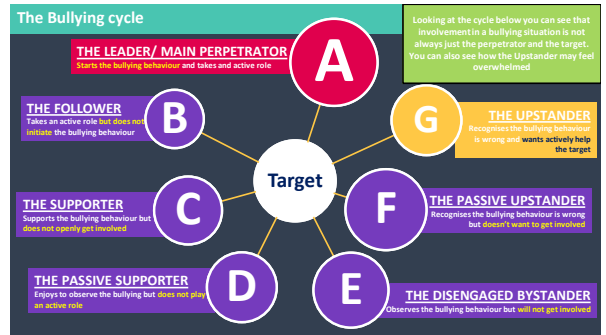
Think about the differences...

Cyberbullying	Face-to-face
24 hours a day, 7 days a week, 365 days a year	Face-to-Face
No safe place, often very hard to escape	Can find a safe place, find an escape (home)
Bully can be anonymous. Hard to identify the perpetrator	Perpetrator can be identified
Harder to empathise with the target. Can't always see the targets reaction	Can see body & facial reactions from the target and onlookers

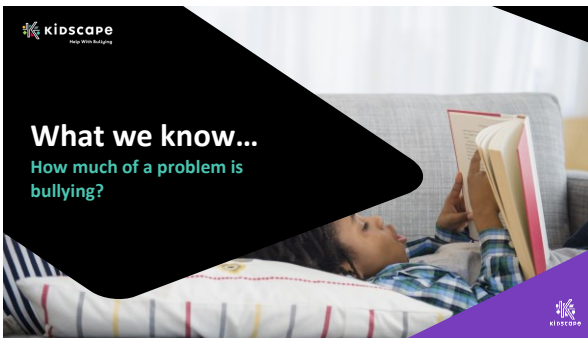
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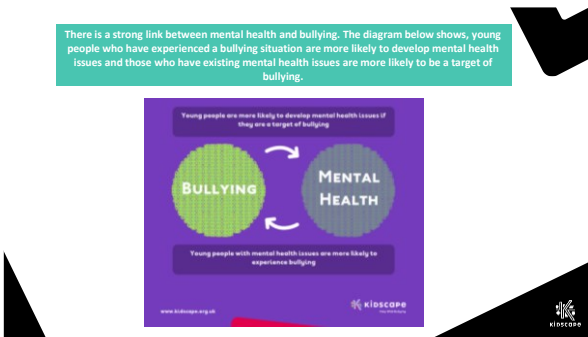


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How much of a problem is bullying?

- 1 in every 4 children bullied - equates to 7 children in every class (DfE)
- Bullying is the main reason children under 11 call Childline. (NSPCC)
- Severely bullied children are most likely group to truant and be excluded
- Over 16,000 children are absent from school at any one time due to bullying (NFER et al)
- The NSPCC report - children's experiences of sport, children reported that 66% of bullying behaviour occurred mainly between teammates and peers, 34% of those reporting it said coaches were involved, either directly by participating or indirectly by creating an ethos where such behaviour was condoned or not effectively dealt with.

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Preventing long term impact of bullying

- Developing depression or anxiety.
- Having lower academic achievements.
- Being unable to form trusting, healthy relationships.
- Having poor social skills.
- Turning to self-harm or in severe cases, considering suicide.
- Being involved in criminal activity.

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Bullying and the law



- All schools have a legal duty to keep children safe from harm. This includes all types of bullying: physical, verbal, social, emotional and online
- There are also additional protections under the Equality Act 2010 for any **kind of bullying or harassment related to race, faith, gender, sexuality, age and disability**
- **Bullying is a safeguarding issue.** This means it is everyone's responsibility to keep children safe. There is an emphasis on 'contextual safeguarding' which means looking at all areas including physical spaces where a child may be at risk



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Signs of Bullying

- Unexplained injuries.
- Lost or broken possessions.
- Low self-esteem.
- A loss of friends.
- Change in friendship group.
- Avoiding social situations.
- Change of route when going to or from school/setting.
- Change in attitude.
- Difficulty sleeping.
- Bed wetting.
- Loss of appetite.
- Truanting.
- Feigning sickness.
- Actual sickness.
- Declining achievements.
- Self-destructive behaviour.
- Refusal to talk about what is wrong.



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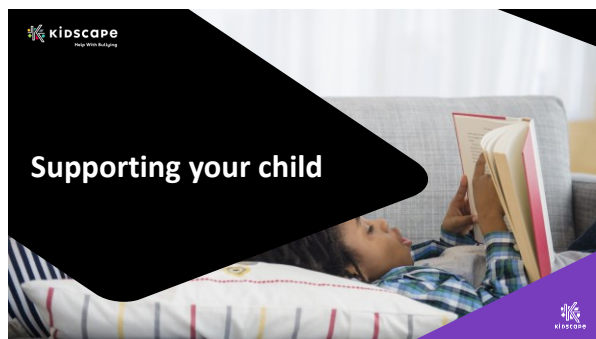
The impact of bullying

Bullying can result in young people:

- Having low self-esteem.
- Developing depression or anxiety.
- Having lower academic achievements.
- Being unable to form trusting, healthy relationships.
- Having poor social skills.
- Turning to self-harm or in severe cases, considering suicide.



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Helping a child who is being bullied

As a parent and carer, discovering that your child or young person is experiencing bullying, or is involved in bullying, can be daunting.

As parents how we choose to react and how we respond to bullying behaviour is vital to reaching a successful outcome for everyone involved.


If you notice a change in your child, create time and space to gently ask how things are going, what they are enjoying/not enjoying and what you can do to help.



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Helping a child who is being bullied


It is important to create time and space for your child to talk to you. Sometimes a direct question works, but other times it may be helpful to go for a walk, a drive, out for food together or during bedtime and gently ask how they are feeling.



Listen carefully and watch their body language for signs that they might have more to share.

Keep creating opportunities until they're ready to talk.

Remember your child will want to protect you, so it may be that they are more willing to open up to other family and friends. This is very normal and it's worth considering who else they might be willing to speak to.



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Helping a child who is being bullied

 <p>Reassure. It's not their fault. You will get through this.</p>	 <p>Record everything. Who, where, when. Impact.</p>	 <p>What do they need? Put them in control. Go at their pace.</p>
 <p>Ask for help. This is what we need. Focus on stopping the bullying.</p>	 <p>Build a protective circle. Who else can help?</p>	 <p>Talk to your GP. Support for impact on physical and mental health.</p>

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Resources





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We are all capable of bullying behaviour


Stay calm.
Tell me what happened?
What has been the impact (to you and others)?
What led to you taking those actions/ what were you thinking (look out for retaliation or manipulation)?
Consider any explore any needs not being met (e.g. friendship, validation, respect)?
How could you have looked at the situation differently?
What would you do differently?
How can you make amends?
What will you do next time?



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Working with others



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Communication with schools

- Request policies.
- Keep everything in writing.
- Ask for school records.
- Prepare for meetings.
- Agree timescales.




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Communication with schools

Facts
 ↓
 Feelings
 ↓
 Impact



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Suggestions to make to the school

Have a designated 'safe' person who the child chooses and whom they have a good rapport with ie. a TA, a pastoral team member.

Have a 'safe' place to go to ie. the office of someone they trust.

Have a special card or signal they can use to show to a teacher if they need to leave the classroom unquestioned with a plan in place as to where they should go.

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Help - the school aren't supporting us...



Escalate your concerns if necessary.

Access the schools complaints procedure - via the website or by asking the office

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Signposting

Social media & newsletter

Programmes:

- ZAP community and school based workshops
- Online Safety for Parents and Carers
- Peer Mentoring
- Teacher training
- RISE transition workshops



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Any final questions?

Thank you for your time and valuable contributions!

Please do stay in touch and if you enjoyed today's training course, let @Kidscape and others know!



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