



Parent Support Booklet

Bullying

Determination

Honesty

Readiness

Respect

Spark

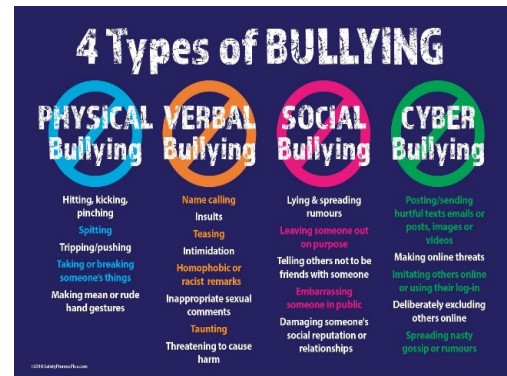
What is bullying?

Bullying is when someone verbally, or physically abuses someone. There is never an excuse for bullying and if your child suffers from being bullied, they are not to blame. However, there are positive actions you and your child can take, many of which are shared in this booklet.

Different types of Bullying:

The main 4 types of bullying are:

- ⇒ Physical
- ⇒ Verbal
- ⇒ Social
- ⇒ Cyber



It can also include forms of discrimination:

- ⇒ Homophobic: Based on your sexual orientation.
- ⇒ Racist: Based on your skin colour.
- ⇒ Religious: Based on your religion and beliefs
- ⇒ Sizeist: Based on your body size.
- ⇒ Sexism: Based on you being the opposite sex.
- ⇒ Bullying because you are different.
- ⇒ Disablist : You having a condition that makes you think or act differently

What can you do if your child is being bullied?

No matter how alone being bullied has made your child feel, there is always someone to talk to whether that is in school, at home or a friend, someone will listen to them. Bullying can affect people in different ways it can make them feel isolated, worthless, alone, angry, anxious and lacking in confidence. If your child is experiencing any or all of these due to bullying, then you need to speak to someone because no one should be made to feel like this. Some children may self sabotage to deal with how they feel. It can also cause depression, anxiety and eating problems.

Who can your child can talk to:

Form Tutors Friends Teachers Nurse Counsellor Wellbeing leader
Miss Cook/the Wellbeing team Your Head of Year Your Pastoral Manager

PARENTS— we advise that you contact the year team to advise of the issues your child is facing. There are a variety of different ways we can help resolve the issues dependent on your child's wishes and feelings.

If it is happening online, you can report it on the social media website, you can block people, report accounts etc to protect them from getting further upset by what is happening.

Keep reporting the bullying until it stops. It may not stop the first time you tell a staff member. If the bullying continues, please continue to raise your concerns with the relevant people. ie – school staff, social media platforms or other parents.

Bullying in any form is hurtful and unacceptable and can make life miserable.

Amir's story:

Overcoming the effects of bullying



When my family and I migrated to a new country, I felt completely isolated and anxious. I didn't recognise my difference until I was in a place where I was the minority and every aspect of my identity was under scrutiny. The nicknames, exclusion, and taunting that came my way in school made me build a wall that stopped me from accessing my emotions and taking care of my wellbeing.

Everything that was positive about me and my life was put aside and I was overwhelmed with negativity. My low self-esteem and lack of emotional expression stopped me from having a positive outlook for my future and believing in my ability to flourish.

When I reflected on my childhood experiences of bullying and exclusion, I was able to start reworking my negative view of my self-worth, my capabilities and my aspirations. It was vital for me to visit my younger self who was locked away and reassure her that it was going to be okay.

What can your child do if they report to you that they think their friend is being bullied?

Support

Encourage them to be supportive and be there— There is power in numbers so staying with their friend if they are feeling vulnerable and anxious is important. At the first signs of bullying take place encourage them to alert an adult as soon as they can.

Listening:

If their friend tells them they are being bullied then make sure they give them the opportunity to feel listened to, offer their support and say they believe them. Make sure they reassure them that it is not their fault. It may have taken a lot for them to confide in someone else.

If your child informs you that they haven't told a trusted adult, tell your child to try to convince them to tell someone about it. However, inform them to not pressure them just make sure they are there if they need them.

Contact :

If they are being bullied it can also be on your child's mind as well as the bullied child's .It can really make them worry. Reassure your child that they are being a good friend but to confide in you if they are concerns for the friend. Your child should try to distract their friend to help stop some of the thoughts they are experiencing due to the bullying. This could be done by doing different topics or activities e.g. hobbies, tv shows so that they can focus their energies elsewhere!

If you have any concerns that a friend of your child is being bullied please report it to a staff member at school even if you do this anonymously.

Don't put up with it because no one deserves to be bullied.

The Poisoned Parrot Theory

The poisonous parrot sits on your shoulder - parroting poisoning self critical thoughts. Learn to notice the parrot and deal with the thoughts differently

Imagine you are given a parrot. This parrot is just a parrot - it doesn't have any knowledge, wisdom or



insight. It's bird-brained after all. It recites things 'parrot fashion' - without any understanding or comprehension. It's a parrot.

However, this particular parrot is a poisoned and poisonous parrot. It's been specifically trained to be unhelpful to you, continuously commenting on you and your life, in a way that constantly puts you down, criticising you.

For example, the bus gets stuck in a traffic jam, and you arrive at work 5

minutes late. The parrot sits there saying: "There you go again. Late. You just can't manage to get there on time can you. So stupid. If you'd left the house and got the earlier bus you'd have arrived with loads of time to spare and the boss would be happy. But you? No way. Just can't do it. Useless. Waste of space. Absolutely pathetic!"



How long would you put up with this abuse before throwing a towel over the cage, or getting rid of the parrot?

Yet we can often put up with the thoughts from this internal bully for far too long. Decades. We hear that parrot, believe the parrot, and naturally get upset. That then affects the way we live our lives - the way we behave towards others, how we are, what we think about others, what we think about the world, and how we think and feel about ourselves.



We can learn to use the antidote: just notice that parrot, and cover the cage! "There's that parrot again. I don't have to listen to it - it's just a parrot". Then go and do something else. Put your focus of attention on something other than that parrot. This parrot is poison though, and it won't give up easily, so you'll need to keep using that antidote and be persistent in your practice!

Eventually it will get tired of the towel, tired of you not responding. You'll notice it less and less. It might just give up its poison as your antidote overcomes it, or perhaps fly off to wherever poisoned parrots go.

Words of encouragement from young people that have experienced being bullied to share with your child:

"Your worth and who you are as a person is not defined by other people. Be yourself and you will flourish! I know it's so hard right now and everything feels like it's against you but please speak out and tell someone. Letting it out will make you feel so much better."

"Nothing they're saying is true, you are more than what they're saying and doing to you."

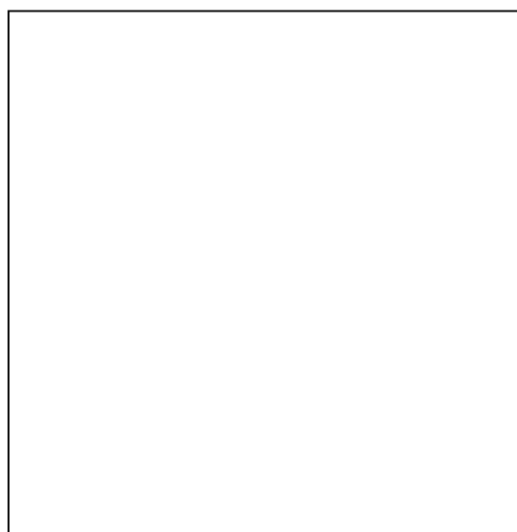
"Your worth and who you are as a person is not defined by other people. Be yourself and you will flourish! I know it's so hard right now and everything feels like it's against you but please let someone know what is happening is the first step on the road to making it stop".`



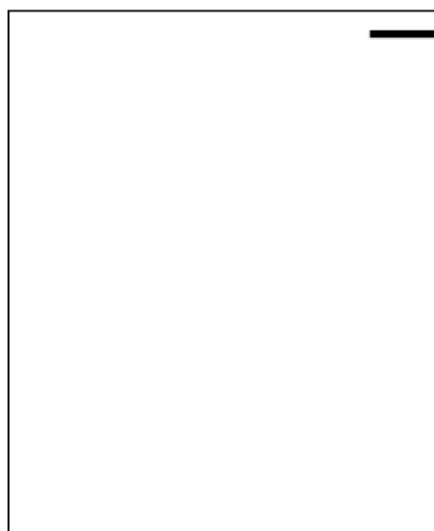
This is a problem solving sheet that we use in school to help children work through difficult situations if they struggle to verbalise what they are experiencing .

Problem Solving

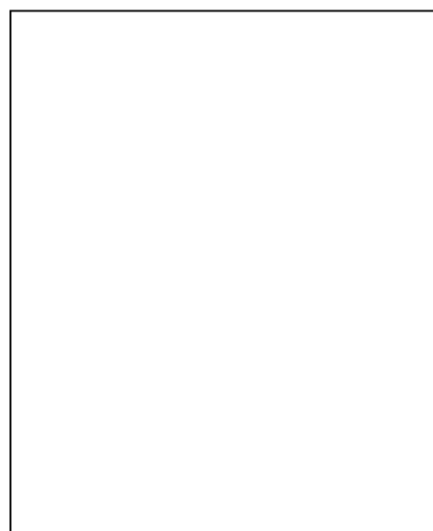
What happened?



What did you do?

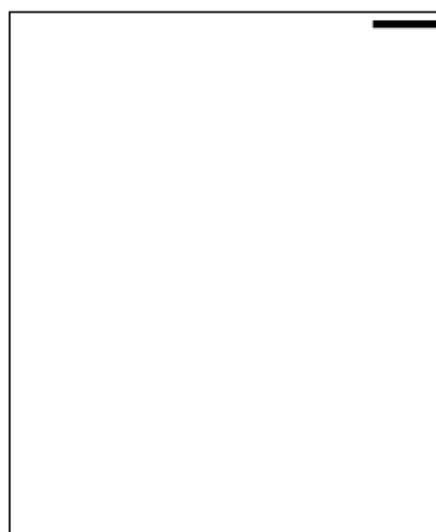


What was the consequence?

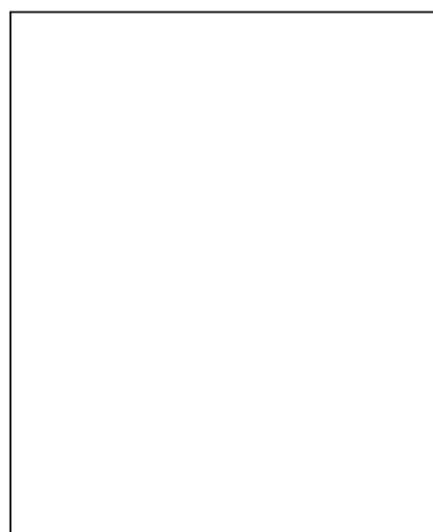


Work through the questions
and see which way is best.
Remember next time you
have a problem to choose
the better way.

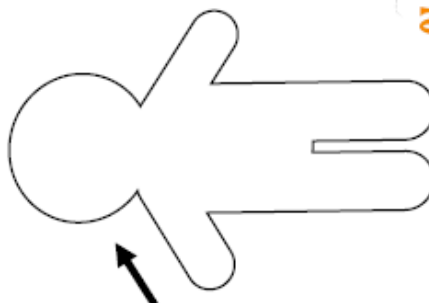
What could you have done instead?



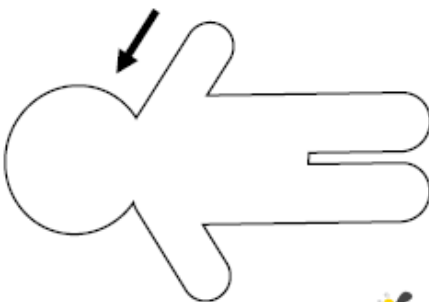
What would the consequence be now?



How did it make you feel?



How would you feel then?



Helplines and phone support

YoungMinds Crisis Messenger



Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis

If you need urgent help text YM to **85258**

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Samaritans



If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.

Freephone (UK and Republic of Ireland):

116 123 (24 hours)

Email: jo@samaritans.org

Childline



If you're under 19 you can confidentially call, email, or chat online about any problem big or small

Freephone 24h help-line: 0800 1111

[Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address

Chat 1:1 with an [online advisor](#)

The Mix



If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Freephone: 0808 808 4994 (13:00-23:00 daily)

SupportLine



Offers confidential emotional telephone support in the UK for men, women, children and young adults.

Helpline: 01708 765200

Email: info@supportline.org.uk

SHOUT UK



Text SHOUT to 85258 for free 24/7 crisis support.

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Linked to the Heads Together Campaign.

HOPELINE UK



Run by Papyrus – the charity for prevention of young suicide

For children and young people under the age of 35 who are experiencing thoughts of suicide

For anyone concerned that a young person could be thinking about suicide

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Opening hours:

9am – 10pm weekdays, 2pm – 10pm weekends, 2pm

– 10pm bank holidays

MARPLE HALL SCHOOL WELLBEING SUPPORT

Check Your Battery
How are you feeling?



There are lots of ways to get help for your well-being at school and to get involved in wellbeing activities. Our wellbeing strategy is all about building the tools to **look after ourselves, look after each other and to seek help when we need it.**

There is lots more information on the website, around the school, on the Pastoral Hub, in tutor periods and from members of staff. If you have any questions please contact your **form tutor, Pastoral Manager, Head of Year, the Wellbeing team, any member of staff** or email wellbeing@marplehall.stockport.sch.uk you can also follow our wellbeing on Instagram @mhs wellbeing

Counselling services online

Your online mental wellbeing community
Free, safe and anonymous support

www.Kooth.com



Resources and useful websites for parents to help your child

YoungMinds Crisis Messenger



Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call us for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

- **Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.**
- **You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence.**

Websites and workshops



www.kidscape.org.uk

Kidscape offer lots of guidance for both children and parents on bullying. They also offer a free 90 minute online workshop.

Zap workshop —

We provide young people with a range of tools to help manage bullying situations. The workshop is proven to increase confidence and assertiveness skills and raise self-esteem.



Websites and resources

Anti-Bullying Alliance - **<https://anti-bullyingalliance.org.uk/>**

Bullies Out UK - **<https://bulliesout.com/need-support/parents>**

Bullying UK - **<https://www.bullying.co.uk/>**

Anti-Bullying Alliance also have some fantastic advice and links for parents to access to help their children when it comes to bullying

<https://anti-bullyingalliance.org.uk/>
Visit the tools and information tab and then the advice for parents section

Charities



Parenting Mental Health is a registered charity that supports, connects and educates parents of young people with mental health issues.

[Www.parentingmentalhealth.org](http://www.parentingmentalhealth.org)