

INFORMATION FOR PARENTS/GUARDIANS ON BULLYING

- **Discuss Bullying Behaviour with your children**
...make them aware that bullying is not simply "physical" and discuss what kind of effects it can have. Look at School policy on school website and key messages in Student journal and discuss our shared understanding of what bullying is. Support our schools Anti Bullying Policy.
- **Challenge every incident of Bullying Behaviour that is witnessed**
...lead by example. Where you see negative behaviour highlight it. Model and display standards of behaviour you expect from your own children.
- **Empower pupils to report incidents**
.. Always make it clear to your children that it is always right to tell when they see something wrong. We encourage students in school to ~~T~~Talk and Tell+. If concerned let the school know.
- **Be aware of your own behaviour.**
...don't confuse your children by talking one way and acting another, avoid inconsistent discipline and power.. use assertive methods of discipline. Exercise democracy in your home, give the children responsibility. Promote confidence and enhance their self-esteem.
- **Familiarise yourself with social networking sites and ones your child is using**
ō .. like Twitter and Facebook, My space, Ask.fm Snapchat... Set up an account so you can find out what others are saying about your child. Be a friend on your child's Facebook page and monitor their privacy settings.ō a recent British survey showed 53% of children did not tell their parents the truth about what they got up to online. Remember today's smart phones are mobile devices and your son/daughter can access the internet easily on their phones.
- **Talk to your child about cyber bullying**
ō .encourage them to tell you if they are ever targeted on a social networking site and to show you. Tell them never to reply . Keep the message on the phone or computer as a record. Block the sender. Report the problem to the website and the service provider.
 - Make sure you and your child are aware of the risks of technology use
 - Make sure your child knows what to do if her or she is cyber-bullied
 - Implement parental control - if necessary switch broadband off / restrict use of computers, phones and devices at home
 - Have clear family rules around the use of Internet devices
 - Remember, in Ireland the Law is on your side as regards SMS bullying!
- **Talk to other parents if it involves their child and yours**
ō .intervene in time to stop things escalating...keep calm and have your facts ready..... keep welfare of your child and theirs to the foreō look for agreed solution not a showdown..
- **Explain to your son/daughter**
ō .. why it is important never to participate in any form of bullying including online bullying even if their friends are involved in this activityō other ways to express their feelings ō ..
- **Work always on keeping lines of communication open with your teenager**
ō we are the adults, we need to learn more about their inner world , the way teenagers communicate, we need to understand their friends and communicating via these new technologies is important to them, we must have boundaries and rules but be prepared to make deals with your teenager also.
- **Look at these websites that we refer to in school so you can be informed:**
- www.webwise.ie which provides lots of information and advice on bullying on the Web.
- www.dcu.abc.ie - The Anti-Bullying Research & Resource Centre in DCU has lots of resources.
- www.letsomeoneknow.ie . useful information on range of Issues for Teenagers and parents.