**Advice for parents - What if I think that my son/daughter is being bullied?**

**Bullying behaviour could be that they have;**

* been called names or teasing face to face or online
* been physically hit or confronted
* had their personal belongings taken from them or deliberately damaged
* been left out or isolated from their peer group
* had rumours spread about them
* received abusive messages on social media
* been targeted for who they actually are or are perceived to be

**Some signs that your son/daughter may be experiencing bullying behaviour**

* They may become withdrawn
* They may refuse to go to school
* They may have physical bruises or scratches that can’t be explained
* They may not want to go out
* Their online behaviour may change e.g. be more secretive with their mobile phone
* They may take a different/alternative route to school
* Their general behaviour may change

**How to respond**

* Try not to panic! It may be difficult but try to listen without getting angry or upset, which is reassuring for your son/daughter
* Ask your son/daughter "How do you want me to take this forward?" which will make them feel valued and allows you to know what support they need.
* Reassure your son/daughter it’s not their fault
* Avoid dismissing/minimising your son/daughter’s experience or telling them that it’s part of growing up
* Don’t charge off demanding to see the bully, the bully’s parents or the head teacher
* Do not encourage them to respond in a physical manner

**Getting support from the school**

Aberdeen Grammar School has an Anti-Bullying Policy which is available on the school website

Before you approach the school, list all the facts: what happened, who was involved, when it occurred, who witnessed it, anything your son/daughter did that may have provoked the incident, whether it was a one-off or series of events.

Make an appointment with your son or daughter’s PTPS or House Head

Aim to work in partnership with the school and make it clear that you are seeking the school's help in finding a solution and understand that this may take time

**“There is never one, single answer when it comes to bullying, it’s about talking through options and making choices”.**

Further support can be found at the following sites;

<http://www.bullying.co.uk/advice-for-parents/>

[https://www.son/daughterline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying/](https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying/)

<http://respectme.org.uk/>