

Bullying presentation

Parent evening script – guidance for schools

Introduction

This session is designed to give parents¹ information on how to support their children on the issue of bullying.

If you are looking for more resources that you could use with parents relating to bullying please have a look at the Anti-Bullying Alliance website for resources and ideas: www.anti-bullyingalliance.org.uk

The Anti-Bullying Alliance also has a free interactive information tool for parents all about bullying. You can share this with them in case they want to learn more about bullying: www.anti-bullyingalliance.org.uk/parenttool

Outcomes

By the end of this session parents will:

- Be able to describe what bullying is and the elements that make up bullying
- Understand different types of bullying
- Understand your school's position and approach to bullying
- Know how to report bullying and what to do if they are experiencing bullying

Introducing the session:

Talking about bullying with parents can sometimes be upsetting for them. Their child may have or may be experiencing bullying and they may have also bullied others when they were a child. It's important to acknowledge that this can be a difficult thing to talk about. Here are some tips:

- Explain that this is a safe space and there are no right or wrong answers

¹ When we talk about parents we mean parents, carers and legal guardians.

- Throughout the session remind parents that if their child is being bullied it is not their fault and that they should speak to their teachers.
- Be clear about your expectations about bullying on school transport and online – schools have the power to intervene in bullying off school site and it's good to be clear about your position on this.
- Be sensitive to how parents respond to the issues. If you're concerned, try and find a way to have a chat with them quietly.
- We know the impact of bullying is significant but remember to reassure parents that whilst bullying is a serious issue, that doesn't mean it will happen to their children; assure them that if bullying does happen, you will work with them to sort it out together.
- It's important that this is not the only time you talk about bullying to parents. There are many other opportunities across the school year to discuss the school ethos, how we treat each other and talk about bullying .

Slide 2

Agenda – a brief overview of the topics that will be covered

Slide 3 – 6

Understanding what bullying is

Activity idea: before you show slide 3 and if you have time, you might want to ask parents to list what they think bullying is and to write it down on post it notes in groups. You could also ask how they think bullying might make children feel and then what ramifications this might have on their school life. For example: a child might feel scared and not want to go to school and therefore may do less well academically at school.

These slides introduce the definition of bullying. It is vital that as a whole-school community that you have a shared understanding of bullying. This will help when there is a difference of opinion between schools, students and parents about bullying. It also helps pupils to identify it and helps staff to explain why they think there is relational conflict and not bullying in some circumstances.

Slide 4 introduces the definition of bullying. You can also see an animated version of this on YouTube: <https://www.youtube.com/watch?v=IKz3bcFMhO0>

The key elements are that bullying is:

- **Repetitive**
- **Hurtful**
- **Intentional**

- **Involves an imbalance of power**

Slide 5 and 6 bring the definition to life with explanations of the types of bullying people can experience.

Activity idea: You could ask them, prior to showing them slide 4, what types of bullying there are.

Slides 7-12

Some facts and figures about bullying

These are some icebreaker questions about statistics relating to bullying. You might want to change the true/false questions based on the group of parents you have. If you want to find other statistics about bullying have a look at the Anti-Bullying Alliance website: www.anti-bullyingalliance.org.uk.

1) 20% of 10-15 year olds have been bullied online

Answer: **True** – Ofcom's 2020-2021 report also found that 38% of children aged 8-15 who have reported bullying online said it was through online games

2) Children are five times more likely to be bullied online than at school

Answer: **False** – research by the Anti-Bullying Alliance and Immediate Media found that children were five times more likely to be bullied at school than online (<http://www.immediate.co.uk/children-almost-five-times-more-likely-to-be-bullied-in-school-than-online-finds-immediate-youth-childrens-study/>). However, it's important to note that children bullied at school are also often bullied online.

3) 16,000 11-15 year olds are absent at any one time due to bullying

Answer: **True** – research from Red Balloon Learning Centre and National Centre for Social Research showed this to be the case

Slide 13

Aims to show parents about the rate of reporting bullying and help them to understand how important it is that they or their children report bullying.

The research is taken from the Office for National Statistics' report on online bullying for 2020:

<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/onlinebullyinginenglandandwales/yearendingmarch2020>

Slide 14

Spotting the signs

It's important to acknowledge that parents know their children better than anyone and that they might notice a change in their behavior. This list shows some of the signs that might indicate a child is being bullied. However, it is also worth saying that just because your child might be behaving this way, it doesn't necessarily mean they are experiencing bullying.

Slides 15-17

Examples of bullying - exercise

Slides 13-15 can be read through on tables, in groups or together. Talk through your shared understanding of each situation. It does show that it's not always easy to identify bullying and you may decide as a group that you need more information for each scenario but what is important is that you talk through the scenarios and discuss the elements of bullying.

Slide 18:

This is a chance for you to share with parents your school's approach to bullying: how do you monitor levels? do you have a teacher responsible for bullying? how do you respond to bullying incident? where is your anti-bullying policy? etc.

Slide 19:

Go through this list about some of the things parents can do to support their child if they are being bullied. It's also worth acknowledging that it is normal to want to protect your children and also normal that you would be extremely angry at anyone who may be harming your child. But it doesn't mean you should encourage them to retaliate in an aggressive way. This is likely to make matters worse for your child, potentially putting them at risk of more harm, and could get them into trouble.

Slide 20 – Reporting bullying in school

The most important thing you or your child should do if they, or a friend, are being bullied is report it!

Confirm why it is important to encourage your children to tell someone if they are being bullied or cyberbullied and ensure that they do not suffer in silence.

Outline the different ways they can report to the school.

Slide 21-24

Final thoughts

Remember:

- Get engaged with their digital life
- Report on bullying behaviours
- Use online resources for additional information

More resources are available at:

- Internet Matters - <https://www.Internetmatters.org>
- NSPCC - <https://www.net-aware.org.uk/>
- Anti-bullying alliance - <http://www.anti-bullyingalliance.org.uk/>
- Childnet International - <http://www.childnet.com/>