**If your child tells you that they are being bullied:**

* Stay calm. This will not be easy, but your child needs you to do this.
* Listen to them. Hear what they are saying.
* If the bullying is happening in school, see below.

**Linking in with the school if you discover that your child is being bullied:**

• Bear in mind that, if you have been unaware of the bullying, chances

are the school is too.

• Make an appointment with the school principal or year head. It may be more helpful to have an initial meeting without your teenager present.

• Explain the situation as calmly as possible, sharing as much

information as you can.

• Explain how the bullying is impacting on your teenager. It is important that Principal is aware of your child’s emotional needs at

this time.

• Ask how incidents of bullying are dealt with within the school and

what policies are in place. There will be an anti-bullying programme

or a ‘mentoring’ programme run within the school.

• If your teenager reports bullying by an adult within the school, you

will need to bring this to the attention of the school principal.

• Ask that the situation is monitored and make arrangements for

update meetings or regular telephone contact.

• Remember that the school will have to take into account the child who bullies, other students, the school policy and management issues aswell as your child, so solving the problem may be a gradual process.