At the meeting
✓ Take written details of the incident
✓ Ask for notes to be taken so that there is a record of what is discussed and agreed
✓ Ask for a personal, named contact at school for both your child and yourself
✓ Agree a plan of action and arrange a time for a follow up meeting
✓ Decide if it is best for your child to attend
✓ If it is a serious incident it may be referred to another agency such as the police

After the meeting
✓ Give the head teacher time to deal with the situation
✓ Keep in touch with the school (especially if the incidents continue)
✓ Keep your child fully informed of what is - they will feel safer and happier knowing that adults are working together to support them

What if the bullying continues?
In most cases school will respond sensitively to incidents of bullying and work with you to successfully resolve the situation. However, if the problems persist and you would like the school to do more than they are doing you can write to the Chair of Governors and raise the issue formally.

Contacts for further help and advice

Anti-Bullying Alliance
www.anti-bullyingalliance.org
Information, support and advice from an alliance of the leading anti-bullying organisations and voluntary groups in England.

Childline
0800 1111 - www.childline.org.uk
24 hour freephone for children and young people

Family Lives
0808 800 2222 - www.familylives.org.uk
Confidential parent and family support and guidance

Local information and guidance

Leicester City Council
www.leicester.gov.uk/antibullying
Information, support and guidance for parents or carers, professionals and children and young people.

Leicestershire County Council
www.beyondbullying.com
The website of Leicestershire County Council’s anti-bullying team.

Leicester LGBT centre
0116 254 7412 - www.leicesterlgbtcentre.org
Information and support on LGBT issues for young people in Leicestershire

Bullying
Advice for parents and carers
Supporting your child to be safe and happy
What is bullying?

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of a difference or a ‘perceived’ difference. This can be for lots of reasons such as: home circumstances, age, disability, gender, race, religion or belief and sexual orientation.

Bullying can be:

✗ Physical Bullying - kicking, hitting, taking things, sexual assault
✗ Verbal Bullying - name calling, shouts of abuse or insults, using threatening language
✗ Indirect Bullying - spreading rumours, being excluded from groups, intimidation, writing messages
✗ Cyber-Bullying - nasty text messages, emails, phone calls and through wider use of technology

Bullying is not when two people have a disagreement or fall out over something, it is usually .....