

Why do some children and young people bully others?

Children and young people may bully others to show off, to make themselves look tough, to get attention, or to make others afraid of them. They may be even bullied themselves! They may not realise what they are doing is wrong and how it makes their victims feel.

Children and young people who bully can be helped to change their behaviour.

What can I do if I find that my child bullies others?

- » Explain to your child the bullying is wrong and that it is upsetting to the person(s) being bullied.
- » Ask them how it would feel if they were bullied.
- » Talk about how they can get along with other children and young people.
- » Praise them when they play nicely with others
- » Talk to your child's teacher to see if they have relevant information or services to direct you too.
- » If someone else is being bullied, tell your child never to join in, but rather help that child. If they don't do anything they are accepting that bullying is OK.



For more information on bullying visit:
www.nobully.org.nz

or call 0800 NO BULLY (0800 66 28 55)

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STOP BULLYING

A Guide for Parents and Caregivers



Wakari School

Your son's being called names at school. Your daughter says she has no friends and the others won't play with her.

This behaviour is not part of growing up — it is bullying. And bullying must be stopped.

What is bullying?

Bullying is deliberate, hurtful behaviour that is usually repeated over a period of time. It happens when one person tries to use power inappropriately over others.

Some of the ways children and young people bully others are: name calling, saying or writing nasty things about them, leaving them out of activities or not talking to them, threatening them, or making them feel uncomfortable or scared, stealing or damaging their things, hitting or kicking them, or making them do things they don't want to do.

It is hard for the person being bullied to defend themselves. They need **your** help.

- **Bullying is unacceptable.**
- **No one should have to put up with it.**

Why is bullying harmful?

Being bullied can stop children and young people from leading a happy normal life. They may feel lonely, unhappy, frightened, unsafe and feel the bullying is their fault.

Signs that your child may be being bullied include stomach aches, nightmares, reluctance to go to

school and loss of confidence. They may become isolated or withdrawn from friends and family. They often find it hard to concentrate on schoolwork.

Why are some children and young people bullied?

The child or young person who likes to bully looks out for someone who they think is weaker and can't stand up for themselves. Often the victim is different in some way, for example the colour of their skin, the way they talk, how clever they are, their name or their shape or size.

- **Bullying is never the victim's fault.**
- **No one deserves to be bullied.**

What can I do if my child is being bullied?

- » Listen to what they are saying, believe them and be supportive.
- » Thank them for telling you and explain they must always report bullying to an adult they trust.
- » Reassure them that it isn't their fault.
- » Talk about what can be done to solve the problem, such as avoiding the bullying children and making new friends.
- » Encourage and praise them in the things they do well to help make them more confident. A confident child may be less likely to be bullied.
- » Help them to feel comfortable about who they are and what they look like.
- » Reassure them that you won't do anything

without talking to them first.

- » Raise the issue with your child's teacher and ask them what the school is doing to stop the bullying.
- » Reassure them that Wakari School has a 'no bully' policy.

Note: It is not advisable to approach the child or young person who is bullying, or their family, or yourself. It is best that this is done through the school. If it is a serious incident outside school, contact local police.

What should I do if my child is being bullied via their mobile phone?

Remind your child about the following:

- » Never give out their number to people they barely know, especially online.
- » If they get a message from an unknown number they should ignore it.
- » If they get any message that makes them uncomfortable, they should not reply. Often bullies are just looking for a reaction.
- » For advice, contact NetSafe on 0508 NET-SAFE (0508 638 723) .
- » Talk to your child's mobile phone company; they might be able to send a warning to the bully or even block that person from their phone network. Telecom customers can call *123 from their mobile to do this. You could also ask to be swapped to a new number.
- » If your child's a Telecom customer and you would like the calls investigated, contact Telecom on 0800 809 806. The problem may need to be reported to the Police if the bully is making harmful threats or having a negative impact on day-to-day life.

Together we can stamp out bullying!