

Try and establish facts. It can be helpful to keep a diary of events. If it is bullying online, save or copy images.

Don't Panic! Explain to your child that the bullying is not their fault and together you will sort this out.

## Anti-bullying tips for parents and carers

If your child is being bullied or you think they might be, here are some tips on how to talk to them to prevent further bullying.

Bullying is never acceptable and should always be taken seriously. It is never your child's fault if they are being bullied.

You may be tempted to tell your child to retaliate, but this can have unpredictable results. Your child might even get into trouble or even more hurt. Show them different ways they can respond to bullying.

### Get some advice

There are many organisations that offer advice. Contact them if you are worried about bullying and want to talk to someone.

[www.anti-bullying.org.uk/adviceparents-carers](http://www.anti-bullying.org.uk/adviceparents-carers)

Encourage your child to get involved in activities that build their confidence and esteem. Help them to form friendships outside of where the bullying is taking place.