


# A PARENT'S GUIDE TO ANTI-BULLYING

It is important to understand the different types of bullying. It can be physical, verbal, or cyberbullying. Cyberbullying is bullying that takes place through digital devices like smartphones, tablets, and computers. It can be very harmful and can affect a child's mental health. Parents should talk to their children about bullying and encourage them to report any incidents to a trusted adult. Schools should have anti-bullying policies in place and should provide support for children who are being bullied. Parents should also be aware of the signs and symptoms of bullying, such as a child becoming withdrawn, having difficulty at school, or showing signs of anxiety or depression.

## BULLYING FACTS IN THE UK



## SIGNS AND SYMPTOMS TO LOOK OUT FOR IF YOU BELIEVE YOUR CHILD IS EXPERIENCING BULLYING BEHAVIOUR\_

- Isolation from social groups or gatherings
  - Changes in personality (quieter or acting out for attention)
  - Fall in school grades
  - Defensive body language
  - Stopped doing activities they enjoy
  - Regularly truant from school
  - Does not want to go to school
  - Being upset before or after school
  - Being secretive and hiding their phone or other devices
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In addition to the above:

- Encourage your child to talk to you about what has happened. They may also have a teacher who they trust and can go to for support in school too.
- Report the post/video or photos on the app/online platform. All online apps/platforms have online Help Centres where they outline the steps to report content. In most situations, reporting content is anonymous, so the person who posted the content will not know who reported it.
- Block the person posting the content. This will stop them being able to message your child.
- Save the evidence by screenshotting.
- Encourage your child to not reply or answer back, however tempting it may be.
- Stay positive.
- If your child is ever in immediate danger, ring 999.

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