

Anti-Bullying Parent Workshop

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Training content:

**UNDERSTANDING BULLYING & ITS
IMPACT**

**ANTI-BULLYING STRATEGIES FOR
PARENTS/CARERS**

National Anti-Bully Week

**Celebrated
every
November in
schools across
the country**

**Helps us focus on
challenging stereotypes &
negative impact of bullying**

**Helps us reflect on & celebrate
our shared humanity**

All Different

All Equal

#ANTIBULLYINGWEEK



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How serious is bullying?

NSPCC survey of nearly 40,000 students; the most common type of inappropriate content they reported to have seen online was bullying:

25% of primary students and 33% of secondary students.

Being bullied has been consistently identified as one of the key risk factors for poor wellbeing and mental ill-health



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How serious is bullying?

Anti-Bullying Alliance research data found 27 % reported experiencing frequent bullying

7 % reported bullying others frequently

Children with SEND and those on free school meals more vulnerable to bullying

One third of COVID affected young people had been cyber bullied



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What is bullying?

**Group
discussion**

- What do you think bullying is?

**Share
ideas**

- Define the key characteristics of bullying



Islington definition

Bullying is when someone **deliberately** hurts another or makes them feel unhappy. Bullying behaviour will be **repeated** and be difficult to defend against. Bullying may be **racist, sexist** or **homophobic**. People can be bullied for any reason: because of the way they look, because of their **religion**, their **age**, because of **learning** or **physical disability**, where they live, their family, their social class, or how well they are doing at school. Bully can take place face to face or online.

This Anti-Bullying Week, let's make a noise about bullying.

MAKE A
NOISE
ABOUT
BULLYING

#ANTIBULLYINGWEEK

**ANTI-BULLYING
WEEK 2023**

from Monday 13th to
Friday 17th November

**ODD SOCKS
DAY 2023**



Monday 13th November

#OddSocksDay

#MakeANoise



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The meaning behind the message



From playground to Parliament, and from our phones to our homes, let's make a noise about bullying



Reach out to someone you trust if you need to talk.



Practice working together to talk about bullying



We all have a responsibility

- to help each other reach out.



Understanding that banter can turn into hurtful behaviour



Together, let's be the change we want to see

- Reflect on our own behaviour, set positive examples
- and create kinder communities.



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What the law will say about online safety



**Removal of
illegal material**

**Protection
from legal but
harmful
material**

**Strong protection from
bullying**



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Nadiya Hussain

- Experienced racist bullying at primary school
- Suffered PTSD
- Still experiences flashbacks
- Has undergone therapy to help her cope
- Written a children's book about being bullied
- Speaks about the anxiety and stress it has caused



“Some of the social media reports we've seen you wouldn't want anyone to see”.

Lizzo quits twitter after enduring online abuse: “[she says that] She feels like she is dying...” from the relentless online abuse

“Nobody in any job should have to put up with threats, aggressive emails, being shouted at in the street, sworn at on social media, nor have to install panic alarms at home.”

This is not just about trolls online – it's about abuse in person as well. It is vital that we reverse the trend of rising intimidation. If we don't, more and more people who would otherwise be willing to make a real contribution to our public life will simply turn their backs on politics.

“In some of the cases we have seen, there is a real hatred there which we haven't maybe seen as much of in the past where it's really violent and very targeted, particularly on social media.”



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<https://www.amnesty.org.uk/online-violence-women-mps>



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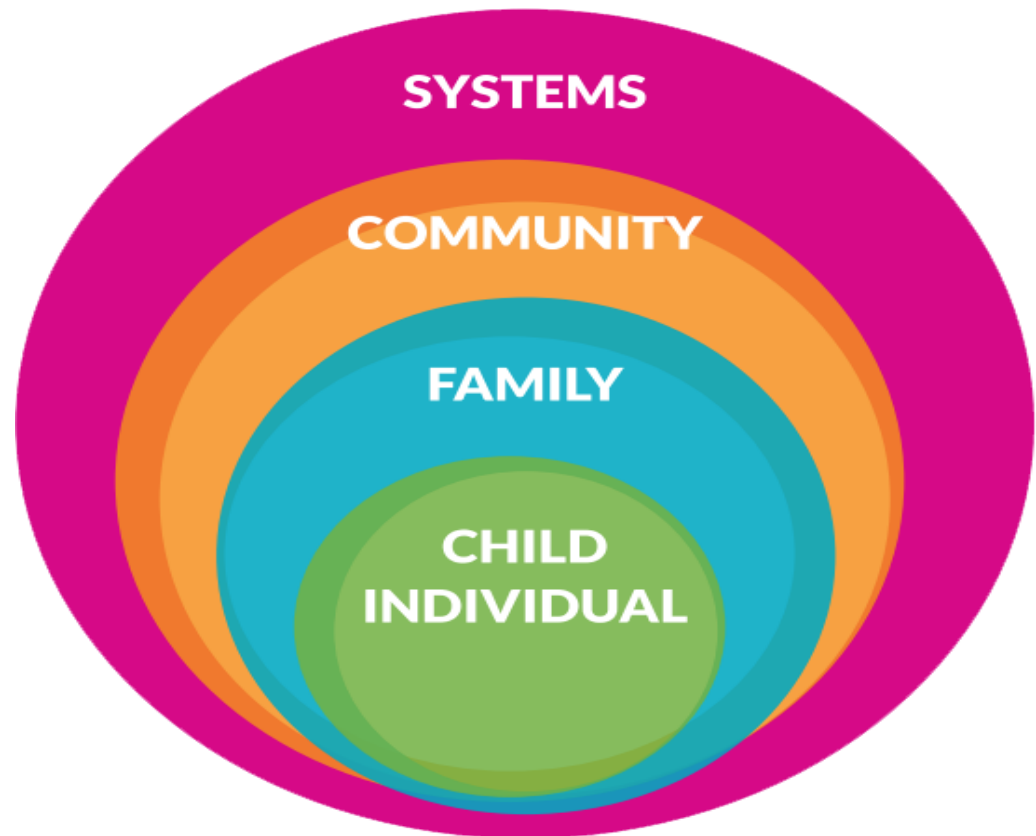
Impact on children and young people

- Post traumatic stress disorder (PTSD)
- **Mental health problems – depression or anxiety**
- School failure / school refusal
- Insomnia / nightmares / flashbacks
- Self harm including eating disorders
- Fewer friendships
- Wary and suspicious of others
- Don't do as well in school
- Loss of confidence, distressed and withdrawn



What impact might bullying have on those affected?

- The family
- Friends
- The school community



Islington's commitment

Has dedicated members of staff working to support the school community

Supports specialist external organisations to work with staff, pupils and parents

Specialist programmes to encourage emotional resilience and wellbeing for children, school staff and parents/carers



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Schools' commitment

- Having a 'shared value' ethos as part of school daily life
- Educating young people through the curriculum
- Creating safe spaces for young people to explore difference, diversity, concepts of equality
- Specialist guest speakers, parent workshops, assemblies and classroom workshops
- Implementing initiatives to keep young people safe
- Listening to young people, parents and carers when bullying takes place
- Sanctions & support for those involved in bullying

How can parents help children be more resilient?

Monitor online activity, set boundaries & install parental checks on devices

Encourage hobbies & activities. Encourage regular chats with your child. Encourage assertive attitudes

Make sure you record incidents of bullying and share with relevant member of staff



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First steps



- Always create safe space to listen to what a child wants to say
- Record incidents – chronology of events
- Talk to class teacher
- Agree a plan of action with time scales
- Have a look at the school's behaviour/anti-bullying policy



Escalation of complaint

- If unresolved, talk to the Deputy Head, Head of Year or Head teacher
- Contact the School Governor if unsatisfied with the school response
- Islington's AB Bullying Coordinator: 0207 527 7793
- Islington's Early Help service: 0207 527 4343 or E: Early.Help@islington.gov.uk
- SENDIA: islingtontsend@family-action.org.uk

Last resort

- **Contact the Principal Officer Safeguarding in Education**
- **Agree a managed move**
- **Speak to Ofsted**

Dos and don'ts

- **Do not** leapfrog your complaint
- **Do not** use social media platforms to air your concerns
- **Do not** get into disputes with the alleged bully or their parents/carers
- **Do not** encourage your child to use physical force
- **Do** continue to seek a response from senior leaders in school
- **Do** record incidents
- **Talk** to your child regularly to ensure they feel safe

Parental good practice

Be aware of the home environment

Mirror work being done in school with your child

Have on-going chats with your child

‘Adult only’ conversations

Set boundaries around online usage



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What can parents do to prevent bullying?

- <http://www.internetmatters.org/>
- <http://www.bbc.co.uk/guides/zs83tyc>
- <https://www.facebook.com/safety>



Help, advice & support

- <https://www.youtube.com/watch?v=PyeVdGvgdS0&feature=youtu.be>
- <http://educateagainsthate.com/parents/>
- <https://actearly.uk/>
- [Virtual Reality Headsets | NSPCC](#)
- **Ollie App:** <https://parentzone.org.uk/Ollee>
- [Safer Internet Day 2023 | Islington-Digital-Online-Safety \(j2bloggy.com\)](#)

Help, advice & support

- **Kidscape: anti-bullying charity.** Developed the Primary Bullying Intervention Training Programme
- Anti-Bullying Alliance : www.anti-bullyingalliance.org.uk
- [Social Media Checklists | SWGfL](#)
- **National Bullying Helpline (0300 323 0169)**
<https://www.nationalbullyinghelpline.co.uk>
- **GALOP: www.galop.org.uk** LGBT anti-violence & abuse charity providing advice & support to people who have experienced biphobia, homophobia, transphobia, sexual violence or DV Helpline 020 7704 2040



Help, advice & support

- **Thinkuknow** provides support and advice to young people about sex, relationships and online safety: www.thinkuknow.co.uk
- <https://www.youtube.com/watch?v=AOu5BLGNG9c>
- [Pre-school \(0-5\) online safety tips and advice | Internet Matters](#)
- [Online safety advice for 6-10 year olds | Internet Matters](#)
- [https://www.net-aware.org.uk](http://www.net-aware.org.uk)
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>
- **NSPCC** free 24 hour helpline to support adults concerned about a child or young person being radicalised: E: help@nspcc.org.uk or T: 0808 800 5000
- [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)



Top tips for parents

- Most anti-bullying agencies provide advice and guidance around prevention of bullying – check out online
- Ask your school for regular updates and specialist workshops
- Ask your school for a copy of its behaviour / anti-bullying / other related policies & contribute to any updates of the policy
- Parental controls - check with your mobile phone provider
- Stay informed so that you can have meaningful conversations about existing / emerging technologies



Education

is the key to unlocking the world,
a passport to
freedom!



onrah Winfrey