

Information for Parents

What to do if your child is being bullied or bullying others?

If your child is being bullied, don't panic. Listen, stay calm and reassure your child that the situation can get better when action is taken.

Visit the [Anti-Bullying Information Tool for Parents](#) for advice on what to do to help your child if they are being bullied or if they have been accused of bullying others.

The Diana Award Anti-Bullying Campaign have created a [Guide for Parents & Carers](#) which includes useful information on recognising the signs of bullying, how to support your child if they are being bullied, the role and responsibility of your child's school and advice on how to help your child restore their confidence and self-esteem.

Visit the [Protecting Children](#) page of the FID for Poole's Anti-Bullying Strategy, further anti-bullying information and links to anti-bullying websites

Worried about Cyber-bullying? "When the Banter Turns Bad..."

Cyber-bullying is any form of bullying that is carried out through the use of electronic devices such as texting or emailing rude or scary messages, sending unpleasant photos or posting cruel comments on social networking sites.

Cyberbullying continues to be a significant issue for young people today – according to recent reports:

- 1 in 5 teenagers in England have experienced cyberbullying in the last two months
- Children who have been cyberbullied are more likely to be depressed, anxious and lonely.

This year the Anti-Bullying Alliance have launched [Stop Speak Support Cyber Bullying campaign](#) and [website](#) for 'when the banter turns bad'.

For help preventing cyber-bullying, keeping your child safe online and advice on what to do if your child is a victim of cyber-bullying visit the FID [Staying Safe Online - Advice for Parents/Carers](#)