

How to support a child

BEING BULLIED

Useful Apps:

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.



What's Up?



Fabulous - Daily
Routine Planner



Zipit



WHAT MIGHT IT LOOK LIKE?

Changes in a young person's behaviour and body language cannot indicate for certain that bullying is happening. However you may notice the following;

- Unexplained injuries.
- Lost or broken possessions.
- Low self-esteem; feeling worthless, helpless and hopeless.
- Anxiety, agitation or aggression (verbal or physical).
- Difficulties concentrating and poor motivation; you may notice a decline in academic performance.
- Withdrawing from social situations.

Mental health and wellbeing cards

<https://hampshirecamhs.nhs.uk>

WHAT MIGHT IT LOOK LIKE?

- Change in attitude or behaviour.
- Disinterest and loss of enjoyment in hobbies and interests.
- Difficulty sleeping.
- Bed wetting.
- Truancy or feigning sickness
- Declining grades and a lack of interest in school.

Bullying is a word used to describe deliberate behaviour that causes upset and hurt to another person.

There are many forms of bullying which can include 'teasing', 'banter' as well as online bullying. Online bullying includes being bullied via mobile phone, email, messaging services and social media.

WHEN SHOULD I BE CONCERNED?

If a young person reports bullying, whether direct or indirect, this should always be cause for concern and addressed by validating the young person's experiences and feelings as well as working to resolve the situation as soon as possible.

Watch this film on how to support a young person who is being bullied:

https://www.youtube.com/watch?v=kqVdQnJ_f9c

WHAT CAN I DO TO SUPPORT MY CHILD?

- Some forms of bullying are illegal e.g. violence or assault, theft, repeated harassment or intimidation, (e.g. threats and abusive phone calls, emails or text messages and hate crimes) and should be reported to the Police.
- Let your child's school or college know how much they are struggling so they can offer help, support and advice.
- Visit www.bulliesout.com for more information on how schools should be supporting.
- Validate how the young person is feeling; do not minimise or discount the impact of bullying - the impact

of bullying is not linked to the severity, intensity or frequency.

- Protect time and space to listen without interruption.
- Encourage the young person to engage in hobbies and other activities that will boost their self-esteem and help them build positive supportive relationships with others

There is a lot of information on the Hampshire CAMHS website

<https://hampshirecamhs.nhs.uk/help/young-people/bullying-yp/>