



ISLINGTON

Anti-Bullying Prevention Parent Workshop

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ISLINGTON

Memory Star



- Think of a positive childhood memory
- What feelings does it invoke ?
- 3 volunteers to share their memory

What is bullying?

- What do you think bullying is?
- 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.



Cyber Bullying



- Any form of bullying that takes place online or through your mobile phone from another child or young person:
- Text messaging (also referred to as SMS or EMS)
- Video messaging (MMS)
- 'sexting'

Social media

- 1 in 4 young people have been contacted over social media by an unknown adult.
- A third of those young people were children under 13 years old
- Facebook, YouTube & Grand Theft Auto: San Andreas all ranked high-risk for the following 3 categories – violent, bullying & adult content
- Twitter & Reddit ranked highly for inappropriate content
- 94% young people have been exposed to pornography by age 14
- Average age of first encounter with pornography is 11 years



Different forms / types of bullying

- **Physical;** hitting, kicking, spitting, slapping, demanding money (extortion).
- **Verbal;** name calling, insults, offensive racist, homophobic or sexual remarks, threatening language, insulting family, place of residence, lifestyle, religion or friends etc.
- **Indirect;** excluding or 'blanking', spreading gossip, graffiti defacing or damaging property, offensive or abusive text messages, e-mails or posts on websites known as cyber-bullying

What impact might bullying have on ...

- The victim/bully
- The family
- The school community

Causes of Bullying behaviour?

- Children who are victims of domestic violence can become 'bullies' or be vulnerable to being bullied
- Children can bully and be victim at the same time
- May have witnessed traumatic event
- Influenced by media, family, wider community
- Not always obvious e.g. cyber bullying
- Maybe scared - Peer pressure & coercion
- Prejudiced motivated bullying

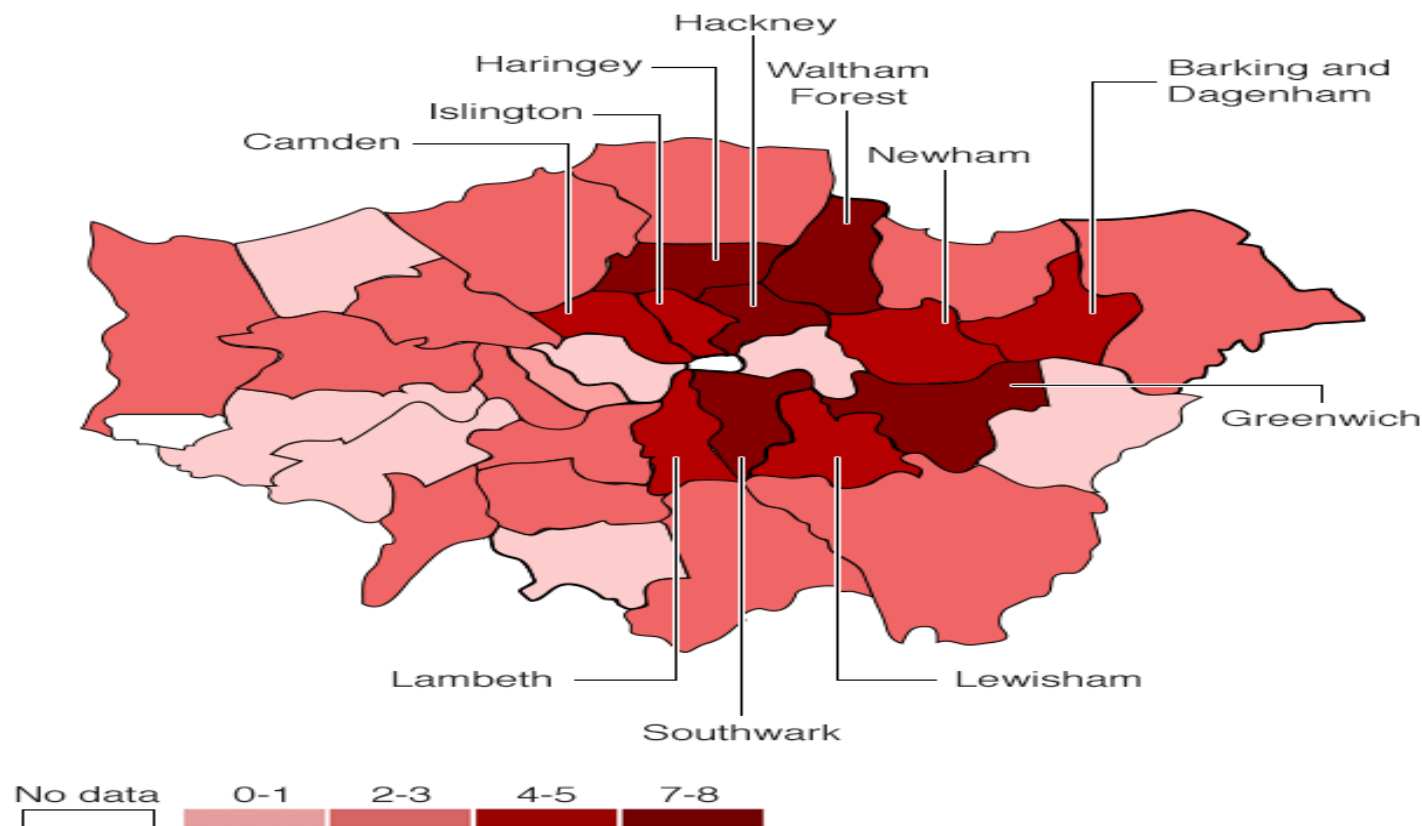
Knife crime headlines

- Period immediately after school accounts for large proportion of incidents
- Mainly happens close to home and school
- more than 500 children were victims last year
- In the last four years 86 per cent increase in young victims



Serious gang violence

Murders by London Borough, Jan - Sep 2018



Source: Met Police

Alison Cope interview

- <https://www.youtube.com/watch?v=9ztwtlMQyug>

What symptoms of bullying can we spot?

- Frightened of walking to and from school.
- Begins truanting.
- Becomes withdrawn, anxious, or lacking in confidence.
- Feels ill in the morning.
- Loss of appetite/comfort eating; unable to sleep
- Begins to underperform in schoolwork.
- Possessions go 'missing'.
- Asks for or steals money to pay the bully.
- Is frightened to say what is wrong.
- Self harming



What if....

- Your child is involved in bullying?
- Your child is part of a bullying or bystander group?
- Your child is at risk of or a victim of bullying?



How can parents help children be more resilient?

- Encourage assertive attitudes
- Fogging
- Inform a trusted adult
- Record incidents
- Challenge when safe to do so
- Walk away / ignore
- Encourage hobbies & activities e.g. self defence classes
- Peer support / friendship circles
- Regular chats with your child

Prevention

- Mirror work being done in school with your child/ren
- Have on-going chats with your child/ren
- ‘Adult only’ conversations
- Set boundaries around online usage

What can parents do to prevent bullying?

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

Talking to children about Terrorism

- <https://www.youtube.com/watch?v=PyeVdGvgdS0&feature=youtu.be>
- <http://educateagainsthate.com/parents/>



A million & rising

- Social networking sites – is it legal?
- Monitoring internet use – does it happen?
- Mobile phones – internet access on most – what is your child doing / viewing?
- text messages; web browsing; still/video cameras; video viewing/calling; app downloads; and gaming
- At risk of being groomed / exploited by adults
- Sexting – younger children are becoming more involved in this form of bullying



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Is it legal?

- 13 plus* – YouTube, Flickr, Kik
- 13 year olds – Twitter, Facebook, Snapchat, Instagram, Reddit, Tumblr, Google+ & Pinterest
- 16 year olds – Whats App
- **Fortnite: Battle Royale -**
<https://www.theguardian.com/games/2018/mar/07/fortnite-battle-royale-parents-guide-video-game-multiplayer-shooter>

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



What can schools do?



- Embed anti-bullying discussions into the curriculum
- Equality and diversity resources
- Up-to-date policies and procedures
- Staff training / parent workshops / pupil lessons
- Pupil support and empowerment schemes
- Participation in borough-wide events

National Guidance

- DfE “Preventing and Tackling Bullying”
- DfE “Supporting children and Young People who are Bullied: Advice for Schools”
- UKCCIS “Sexting in Schools & Colleges: Responding to Incidents & Safeguarding Young People 2016”
- Anti-Grooming law 2017



Help, advice & support

- **NSPCC Childline: 0800 1111**
- **Kidscape: anti-bullying charity.** Developed the Primary Bullying Intervention Training Programme
- **Anti-Bullying Alliance :** www.anti-bullyingalliance.org.uk
- **Domestic violence 24hr free helpline – 0808 2000 247**
- <http://www.internetmatters.org/>
- **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>
- <https://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

Help & Advice

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>
- <https://www.saferinternet.org.uk/blog/online-challenges-advice-parents>
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/>

