

BULLYING - SIGNS, SYMPTOMS & SOLUTIONS

Linda Frost
Kidscape Anti-Bullying Counsellor

Topics covered:

- What Kidscape is, and what we do.
- What is bullying?
 - Why bullying is no longer just a school issue.
 - Statutory requirements: the anti-bullying policy.
 - The difference between bullying and teasing.
- Signs & Symptoms
 - Reasons why a child may be bullied
 - "Different": -high/low achievers -race -religion
 - SEN
 - Dyspraxic
 - Dyslexic
 - Autistic spectrum
 - Appearance/size
 - Upbringing/lack of conformity to "norm"
- What body language does a bullied child lack?
 - Confident posture
 - Eye contact
 - Ability to say "NO!"
- Why does bullying thrive?
 - School structures
 - Fear of ridicule
 - Non-assertive parents as role models
- How can bullying be reduced?
 - Refusal to accept the words "just" and "only"
 - Creating a "telling " environment
 - Close monitoring using a common format.
- Bully logs and accurate recording systems.
- Assertiveness training (Video clip)



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www.kidscape.org.uk
General Enquiries: 020 7730 3300
Bully Helpline (for parents): 08451 205 204



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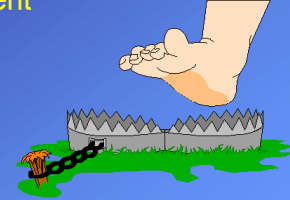
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DEFINITION OF BULLYING

1. Aggression (deliberate)
2. Unequal power relationship
3. Results in pain & distress
4. Persistent



SIGNS & SYMPTOMS

- Limited progress
- Easily distressed
- Cries Easily
- Disruptive
- Aggressive
- Runs Away
- School phobic
- Attempts suicide
- Secretive
- Fearful
- Possessions 'damaged' or 'missing'
- Fear of school walk
- Stops eating
- Money 'lost'
- Stealing (to pay bully)



SIGNS & SYMPTOMS

- Bed wetting
- Bite marks
- Broken bones
- Bruises
- Bruised testicles
- Cigarette burns
- Constipation
- Diarrhoea
- Eating disorders
- Eczema
- Hair loss
- Headaches
- Insomnia
- Pencil jab marks
- Polyuria
- Rashes
- Scratches
- Self-harm
- Stomach aches
- Stress
- Soiled underwear
- Suicidal feelings or attempts
- Torn ears
- Truancy
- Vomiting



WHY DOES BULLYING THRIVE?

- Adults say nothing can be done
- Considered 'normal'
- Children have too much power
- No private way to get help
- Telling is discouraged
- Anti-Bullying Policy not effective
- Environment and attitudes support or encourage bullying



HOW CAN BULLYING BE REDUCED?

- Supportive environment
- Co-operation
- Involve all people
- Clear guidelines
- Agreed procedures
- Private help
- Discussion
- Challenge myths & behaviour
- Rewards & sanctions



ASSERTIVENESS TRAINING

- Know your rights
- Be clear about what you want
- Keep requests short
- Plan and practise
- Right to say 'no'
- Shout 'no'
- Practise body language

Exercises:

- fogging
- broken record
- relaxation
- 'what if' questions
- role play



INCIDENT REPORT SHEET

Child's Name & Form	Date
Time	Location
Supervising Staff Present	
What Happened	
Child's Comment	
Parents' Comment	
Action Agreed	File for Reference Contact Liaison Arrange Meeting Date

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