

NIABF think that it is important for schools and youth groups to work together with parents/carers to tackle the issue of bullying as 'Together We Are Stronger'.

This Top Ten Facts resource can be used in school to learn more about the issue of bullying, encourage conversations about this issue and can also be sent home as 'homework' for children & young people to discuss the facts about bullying with their parents/carers.

Top Ten Facts for children to tell their Parents & Carers about Bullying.

- * Normally bullying is defined as having the following three elements: bullying as the repeated use of power by one or more persons intentionally to hurt, harm or adversely affect the rights and needs of another or others.
- * Bullying, no matter how it happens or why it happens, is always wrong.
- * 39% of pupils in Year 6 and 29% of pupils in Year 9 report having experienced bullying at least once in the previous two months.
- * There are many possible reasons why children are bullied. For instance, the colour of their skin, their religion, a disability, their sexual orientation, their social status or because they are Looked After Children.
- * Schools have anti-bullying policies in place as required by the Department of Education and parents/carers should be consulted about changes to the content.
- * Children can be bullied in many different ways e.g. verbally, physically and by being socially excluded. Cyber bullying has emerged as a particularly challenging form of bullying.
- * Dealing with bullying can be very complicated. A range of strategies can be used by schools, parents/carers and pupils to help everyone involved to end bullying behaviour. For more information see the NIABF website:

<http://www.endbullying.org.uk/>

- * Children who are being bullied often tell their parents & carers about what's happening to them. Therefore having open and supportive relationships with your child is very important. See NIABF 2016 resources for more information about how to talk to your child about bullying.
- * In May 2016, the Northern Ireland Assembly passed new legislation to address bullying in schools called: [Addressing Bullying in Schools Act \(Northern Ireland\) 2016](#)
- * **Anti-Bullying Week 2016 will take place between Monday 14 and Friday 18 November.** This year's theme is 'Together We Are Stronger'. Parents/Carers can avail of free resources from the NIABF website: <http://www.endbullying.org.uk/>