

## WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- notice your child is struggling with their mood and self esteem
- notice your child is having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- notice your child is having worries that make it hard to sleep or focus on other things
- feel the situation is not being resolved in school

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

### Kooth

Kooth offers children and young people easy access to an online community of peers and a team of experienced counsellors. Young people can access this service anonymously, and immediately, through the website below.

[www.kooth.com](http://www.kooth.com)

### Anti-bullying alliance

From further information around how to tackle bullying, the anti-bullying alliance offer a variety of resources for pupils, parents and school staff.

[anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk)

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123	 In emergencies, call 999
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## USEFUL APPS



Calm App



What's Up?



MindShift



Headspace

Mental Health  
Support Team  
Portsmouth



**NHS**  
Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust

# SUPPORTING YOUR CHILD'S FRIENDSHIPS



[pik-mee-uhp] noun

A pick-me-up is something that restores a person's energy, improves their mood, or generally lifts their spirits.

## WHY ARE FRIENDSHIPS IMPORTANT?

Research shows that establishing friendships is an important part of children's development. Childhood friendships help children learn about themselves and develop a positive sense of self, boosting happiness, well-being and self-confidence.



Skills like initiating interaction, taking turns, sharing, collaborating, resolving conflict, and engaging in back-and-forth conversation are constantly developing when children interact with friends.

## BULLYING AND CONFLICT

The Anti-bullying alliance describes bullying as "the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online."

Conflicts happen often in the school environment, so it is important to be mindful of these differences and know how we can support both:

Bullying	Conflict with peers/friends
Repeated, hurtful behaviour	Happens occasionally
Deliberate or intentional behaviour that causes physical or emotional harm	Accidental
Imbalance of power	Equal power
No remorse	Remorse
No effort to solve the problem	Effort to solve the problem

Bullying and conflict can impact a child's educational attainment, ability to form relationships, and emotional wellbeing if not supported and handled effectively.

## WHAT CAN I DO TO HELP?

### Listen

Listen and reassure them that coming to you was the right thing to do. Try and establish the facts. It can be helpful to keep a diary of events to share with the school or college. Assure them that the bullying is not their fault and that they have family that will support them - they are not alone!

### Don't encourage retaliation to bullying - such as violent actions

It's important for children to avoid hitting or punching an abusive peer. Reacting that way has negative and unpredictable results- they may be hurt even further, and find that they are labelled as the problem. Rather suggest that they walk away and seek help.

### Find out what your child wants to happen next

Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems. Don't take any action without discussing it with them first.

### Discuss the situation with your school

Every child has a right to a safe environment in which to learn and play. Schools must have a behaviour policy which sets out the measures that will be taken to prevent all forms of bullying between pupils.

### Take a step back

Friendships also come with challenging situations like conflicts, upsets, fights over toys, bossiness, jealousy, and so on. It is helpful to let the child work things out with their friends on their own. This is one of the best ways to help them build their confidence in their ability to handle tricky situations, and they will learn that they can come to you when they need support - such as to problem solve.

Talking about bullying can be difficult, and it may be distressing for both you and your child. Try not to panic if they come to you, and use your role to listen and reassure them that action can be taken.