



Understanding Different Forms of Bullying and Taking Action

November 13th to 17th marks Anti-Bullying Week, and it's an excellent opportunity to engage your child in a conversation about bullying and learn how to take appropriate action, if you suspect your child is a victim. Defining bullying is the first step in identifying it, and it's important to note that it's unwanted, intentional, and persistent behaviour. Here are the different types of bullying to look out for:

- Physical bullying can include intimidating actions like kicking, punching, or hair pulling. It also includes grabbing, pushing, and tripping a child over.
- Verbal bullying can take the form of name-calling, teasing, or spreading rumours.
- Emotional bullying can happen when a child is excluded from social situations, often through 'cancelling' or ignoring them as if they don't exist. This can be encouraged through verbal bullying.
- Sexual bullying includes unwanted sexual contact or comments and is often used as a way to intimidate someone.
- Cyberbullying occurs through electronic devices and may involve sending or posting negative, harmful, or false content about another person. This can occur through social media, messages, online forums, and gaming communities.

Tips for Supporting a Child Who is Being Bullied

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| <p>Listen to your child</p> <p>When your child confides in you, it's essential to remain calm and non-judgmental. Reacting emotionally can cause them to withdraw and avoid future conversations.</p> | <p>Make a note of the facts</p> <p>When you need to speak with school or the Police (depending on the circumstances) it is crucial to provide specific details such as dates, times, and locations of incidents. It can be helpful to keep a diary to note down these key details.</p> |
| <p>Help your child to be resilience</p> <p>Your child will most likely feel a sense of relief, however, they may still lack confidence. Encourage them to spend time with friends and participate in activities that will engage their mind and help them regain their sense of self.</p> | <p>Reassure your child</p> <p>It's vital to remind them that they have done the right thing by speaking to you. Involve them in the next steps by explaining that you will need to act on the information they've provided, but that they will be fully informed and included in the process.</p> |

If the bullying involves another student from school, it is vital to speak to a member of the pastoral team.

IN THIS MONTH'S ISSUE:

- Bullying
- Vapes

This month's app focus: Twitch

8 SIGNS THAT YOUR CHILD MAY BE EXPERIENCING BULLYING

It's important to keep in mind that a child may display some of these behaviours for other reasons. Therefore, it's critical to have an open conversation with your child to investigate, before assuming they are being bullied.

- 1. UNEXPLAINED INJURIES**

Have you noticed any injuries that seem to have strange or improbable explanations when they return home?


- 2. TORN BELONGINGS**

Has your child returned home with dirty or ripped clothes, and there's no reasonable explanation?


- 3. MISSING PROPERTY**

Has your child lost items that they cannot explain the whereabouts of? This may especially be their favourite belongings.


- 4. STRUGGLING TO SLEEP**

Is your child having sleepless nights where they seem to be worrying about something?


- 5. POOR EATING HABITS**

Has your child lost their appetite? Have their eating habits changed recently?


- 6. COMPLAINING OF SICKNESS**

Has your child started complaining that they feel unwell and therefore they are unable to go to school or go out with friends?


- 7. CHANGE OF FRIENDS**

Has your child stopped spending time with individuals or friendship groups that they used to keep?


- 8. ISOLATED AND WITHDRAWN**

Does your child seem unusually withdrawn? Are they spending more time alone?



SPOTLIGHT ON SAFEGUARDING



Approaching the Topic of Vaping with Your Child

Talking to your child about vaping can be tricky. One of the biggest issues is that many young people believe it is acceptable because it is perceived as less harmful than smoking. To address this issue, it is important to keep an open dialogue with your child. Avoid making big declarations such as "it's bad for you, don't do it," as this may shut down the conversation. Instead, try asking questions like "do many of your friends vape?" to encourage an open discussion. This will help you gauge how much they know, and whether they have already tried vaping. Once the conversation is underway, you can begin to discuss the negative aspects of vaping. If you suspect that your child is addicted to vaping, be patient and give them time to talk to you about it. You can also seek help from your GP or local pharmacist to support your child with their addiction.

twitch

Potential Risks Associated with Twitch

Here are some of the risks to be mindful of:

- Since everything on Twitch is live, there is no regulation or moderation before it is published. This means that young people may be exposed to inappropriate content.
- Interactions with strangers is possible through 'Chats,' which are set up alongside streams for viewers. This puts young people at risk.
- Users can invite others to communicate privately through 'Whispers' (private messages). It's easy for unknown adults to engage in inappropriate conversations with young people unless appropriate privacy settings are used.

Vaping Dangers: A Closer Look

Did you know that a staggering 20.5% of 11-17 year olds in the UK have experimented with vaping? While initially designed for adult smokers, the alluring packaging and fruity flavours have attracted a younger audience. What makes vaping dangerous for teens? For starters, the lack of regulation has made it easier for young people to purchase vapes with nicotine levels that exceed legal limits. In fact, some have been found to contain up to six times the allowable amount. Nicotine, a highly addictive substance, can easily distract young users, causing them to lose interest in the positive interests and habits they once had. Moreover, nicotine is linked to depression and anxiety, which can significantly impact their education and overall well-being. Perhaps the biggest issue is that the long-term effects of vaping and its chemical components are still unknown, leaving us to wonder about the potential health consequences for our children in the future.

A Closer Look at Twitch and its Associated Risks

Twitch is a well-known video streaming platform that was initially created for people to watch others play video games. However, today, users can watch people live streaming as they eat, cook, or even walk down the street. Essentially, you can watch anything that someone is live streaming. The streamer provides live commentary, and users can participate in the chat by leaving comments.

Tips for Ensuring Your Child's Safety on Twitch

Although the platform has limited security features, there are things you can do:

- Take advantage of Twitch's ability to block Whispers if your child receives a stranger's request.
- Use Twitch together with your child so you can monitor the streams and chats they're involved in.
- Make sure your child uses their real age when registering their account. Twitch is only open to users aged 13 and above.