

# Signs and Symptoms



- Child is acting differently.
- Child does not want to go out to play.
- Child does not want to go to school.
- Keeping to themselves.
- Wetting the bed, having nightmares, pains in their tummy, saying they are sick especially on Sundays.
- Not doing as well in school.
- Not eating as normal.
- Acting differently when they get a text message.
- Often upset after using the computer or mobile phone.
- Getting upset and/or vexed for nothing.
- Covering (hiding) phone or computer when you come into the room.
- Child does not want to go out unless an adult goes with them.
- Child may have lack of confidence.
- Child may self-harm.
- Child may be depressed.

## WHERE CAN YOU GO? WHO CAN YOU CONTACT FOR HELP?

National Parents Council  
**01 887447**

Helpline for bullying in primary schools

**01 8894477**

Monday - Wednesday 10am - 5pm,  
Thursday - Friday 10am - 4pm

Childline

**1800 66 66 66** or text **'talk 50101'**

## LOCAL CONTACT DETAILS

Traveller Organisations: \_\_\_\_\_

Local Schools: \_\_\_\_\_

Local GP: \_\_\_\_\_

Casualty Department: \_\_\_\_\_



# Bullying Guidelines FOR Traveller Parents



## Your child can be bullied in different ways

- VERBAL**  
Calling names, saying nasty things to them.
- PHYSICAL**  
Hitting, kicking, thumping, pushing.
- STEALING**  
Taking lunches, taking lunch money, books, toys, pens pencils, etc.
- EMOTIONAL**  
Leaving them out of things, not playing with them in the yard.
- CYBER BULLYING**  
Using Facebook, BBM or text messages to call people names.

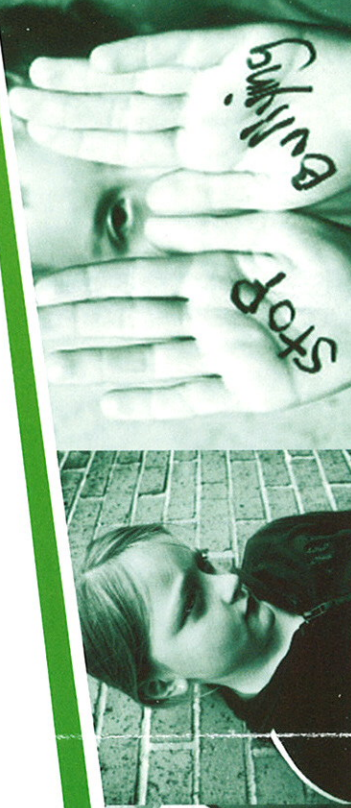


## HOW TO TALK TO YOUR CHILD

- Ask them are they being bullied.
- Listen to them.
- Tell them it is ok to talk about it and you will help them.
- Thank them for telling you.
- Tell them they are a good girl/boy for telling you.
- Stay calm and relaxed.

## AS A PARENT, DO NOT...

- DO NOT** get angry with them or give out to them.
- DO NOT** tell them to fight with the other child.
- DO NOT** confront the other child.
- DO NOT** go to the child that is doing the bullying.



## WHAT CAN YOU DO AS A PARENT?

- Talk to your child and reassure them.
- Tell your child you are going to talk to the school.
- Keep a written record.
- Talk to the teacher first.
- You can then talk to the principal.
- Ask the school for a copy of its Anti-Bullying policy and ask someone to explain it to you.
- Encourage your child to tell you if the bullying does not stop.
- If you are worried about your child at all, go to your GP or casualty.
- Go to the Board of Management.
- Report it to the School Inspector.
- If it is happening outside the school, contact the Gardai.

## IMPORTANT

Your child might be worried to tell you they are being bullied in case you are angry with them. You need to tell them you are not angry with them and it is ok to talk about it and they are right to tell you. You need to stay calm and relaxed.