

- ⇒ Disability- unwanted taunts
- ⇒ Homophobic– unacceptable comments
- ⇒ Material - having possessions stolen
- ⇒ Cyber - misuse of social media / mobile phones

Sut gallaf helpu fy mhlentyn? / How can you help your child?

As a parent, you play a MAJOR part in safeguarding your child. If you believe that your child is being bullied, you should encourage him/her to speak openly with you and listen to what they have to say.

- Be aware of what is bullying and be aware of the signs and symptoms.
- Make sure that your child knows that they tell you anything that is concerning them.
- Find somewhere quiet to talk and remain calm.
- Discuss together and advise not to retaliate. Make sure that know who they can turn to in school.
- Explain clearly to them that you will help them bring the bullying to an end.
- Contact school to discuss and solve the matter.
- Remember always model good behaviour even as you speak with your child/ren.
- Never lose your temper or become angry, especially in front of your child.

Arwyddion o fwlio/Signs and Symptoms of bullying

Children may display signs or behaviour that suggests that they are being bullied. The following indications may be connected with incidents of bullying, although we should always remember that they could be a sign of other problems. Never the less, as adults we should always look in the possibility of bullying if the child is:

- Afraid to walk back and forth to school
- Asking to travel to school by car (if different)
- Reluctant to attend school
- Missing a lot of school
- Lacking in confidence
- Crying himself/herself to sleep
- Running away
- Constantly losing money
- Increasingly unreasonable, emotional or defensive
- Refusing to eat
- Afraid of accepting any kind of electronic message (text, email)
- Unable to explain a cut or bruise
- Bullying siblings or other children