



Anti-Bullying Checklist for Parents and Carers

Help your child use their power for good with these simple steps:

Help your child use their power for good with these simple steps:

- ✓ **Talk openly** - Make time to ask how your child is feeling and listen without judgment.
- ✓ **Know the signs** - Look out for changes in mood, reluctance to join lessons, or withdrawal from friends.
- ✓ **Stay informed** - Read our guidance on [Supporting Your Child](#) to understand how we respond to and prevent bullying.
- ✓ **Encourage kindness** - Praise positive behaviour and talk about how to treat others with respect online and offline.
- ✓ **Reach out early** - If you're worried, contact us. We'll listen, support, and work with you and your child's school or local authority.
- ✓ **Use trusted resources** - Visit the [Anti-Bullying Alliance](#) for advice, resources, and details of Anti-Bullying Week.
- ✓ **Keep communication open** - Revisit the conversation regularly — bullying can change form, and ongoing support makes a difference.

Anti-bullying
week
10th-14th
November



Together, we can make kindness and respect the norm. 🌟