



BULLYING AND MENTAL HEALTH

Bullying can have a serious impact on a child's mental health and wellbeing.
It's important to listen, act and get the right support.



THE IMPACT OF BULLYING

- ✓ Feelings of sadness, fear and anxiety
- ✓ Low self-esteem and confidence
- ✓ Difficulty concentrating and learning
- ✓ Physical symptoms like headaches or tummy aches
- ✓ Changes in mood, sleep and behaviour
- ✓ Risk of depression and isolation



REMEMBER: Bullying is not the child's fault. Support can make a big difference.



SIGNS YOUR CHILD MAY BE EXPERIENCING BULLYING

- ✓ Unexplained injuries or missing belongings
- ✓ Reluctance to go to school
- ✓ Changes in eating or sleeping
- ✓ Withdrawing from friends and activities
- ✓ Frequent physical complaints
- ✓ Low mood or loss of interest
- ✓ Talking about self-harm or feeling hopeless



REMEMBER: Trust your instincts and take any concerns seriously.



HOW YOU CAN HELP

- ✓ Listen without judgement
- ✓ Reassure them it's not their fault
- ✓ Encourage them to talk and express feelings
- ✓ Report bullying to school or authorities
- ✓ Keep records of incidents
- ✓ Support their self-esteem and strengths
- ✓ Seek professional help if needed
- ✓ Teach coping strategies and resilience



REMEMBER: You are not alone – help and support are available.

BUILD RESILIENCE AND SUPPORT WELLBEING



BUILD CONFIDENCE

Praise their strengths and achievements. Encourage them to try new things.



STAY CONNECTED

Spend quality time together and keep communication open.



PROMOTE WELLBEING

Encourage healthy habits – good sleep, exercise and balanced eating.



TEACH COPING SKILLS

Help them manage stress and emotions with calm strategies.



CELEBRATE KINDNESS

Encourage kind behaviour and positive relationships.



WORK WITH SCHOOL

Partner with teachers to ensure your child gets the support they need.



TIPS FOR PARENTS

- ✓ Create a safe space for your child to talk.
- ✓ Stay calm and listen – your support helps them feel safe.
- ✓ Avoid blaming or minimising what they're experiencing.
- ✓ Encourage them to keep doing the things they enjoy.
- ✓ Remind them that there are people who care and can help.



REMEMBER: Your support, love and belief in them can help your child heal and grow stronger.



WHEN TO SEEK EXTRA SUPPORT

- ✓ Your child talks about wanting to harm themselves.
- ✓ They show signs of severe anxiety or depression.
- ✓ Their mood or behaviour changes significantly.
- ✓ They withdraw from friends, family or activities.
- ✓ Bullying continues despite school support.



REMEMBER: Professional support can make a real difference. You don't have to face this alone.

