



ANTI-BULLYING ALLIANCE

UNITED AGAINST BULLYING **PLUS**

ANTI-BULLYING RESOURCES FOR PARENTS AND CARERS

If your child is involved in a bullying incident, the right information and advice can help you stay calm and take the right action. The Anti-Bullying Alliance and other organisations have several tools and resources that can help and support you.

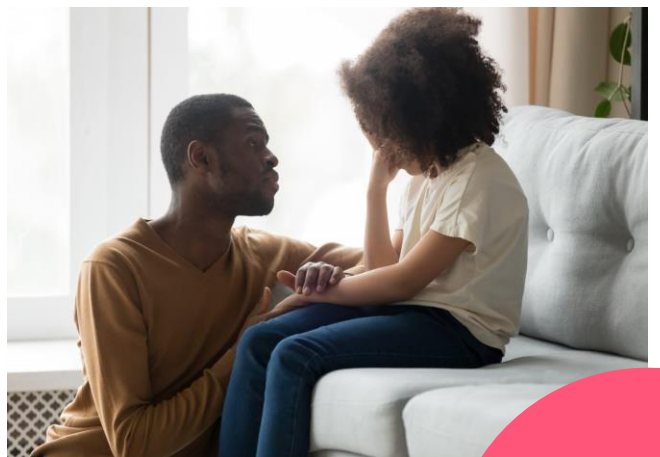
Free CPD interactive tool for parents and carers

The Anti-Bullying Alliance tool is relevant for all parents and carers. The interactive tool includes what bullying is, how to work with your school in relation to bullying and how to support your child. The course teaches parents and carers on cyberbullying and how to prevent any incidents.

www.anti-bullyingalliance.org.uk/parenttool

"Really straight forward, clear advice, non-judgemental and supportive." – parent

"Simple, effective, informative." – parent



Helplines for Parents and Carers:

- [Family Lives](#) 0808 800 2222
- [NSPCC](#) helpline for parents / carers - 0808 800 5000
- [Contact](#) helpline for families with disabled children - 0808 808 3555
- Kidscape Parent Advice Line - 07496 682785



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NATIONAL CHILDREN'S BUREAU

Part of the family