

Getting help

As a parent or carer, finding out your child is being bullied can be extremely difficult and no child should ever have to experience bullying. However there are some things that you can do to help:

- Remain calm and comforting — ensure that they understand what bullying is.
- Reassure the child that they have done nothing wrong — what is happening to them is not their fault and you will do all you can to help resolve the issue.
- Don't approach the accused child or their family. This can make the situation worse for all involved.
- Gather all the facts, dates, times, locations, witnesses etc. and record these in a diary or notebook. Keep this information safe as you will need it later.
- Make an appointment with your child's teacher, form tutor or to agree on a way forward.
- For further help and advice see the **'Getting Help with Racial Bullying'** leaflet from BELONG or contact BELONG via the methods overleaf.

Further Information

- ◆ **The Parents Helpline** – provides support and guidance to parents facing difficulties through a freephone helpline and outreach appointments/ counselling service.

Tel: 0808 8010 722

- ◆ For free & confidential advice about children's rights and how to make a complaint contact:

The Northern Ireland Commissioner for Children and Young People (NICCY)

Equality House, 7-9 Shaftesbury Square,
Belfast, BT2 7DP

Tel: 028 90 311 616

www.niccy.org info@niccy.org

- ◆ For free & confidential discrimination advice contact:

The Equality Commission for Northern Ireland

7-9 Shaftesbury Square, Belfast, BT2 7DP

Tel: 028 90 500 600

information@equalityni.org

www.equalityni.org

BELONG

64 Main Street, Coalisland,
Co Tyrone, N Ireland, BT71 4NB

www.belongni.org

Tel: 028 8774 1960

Understanding Racial Bullying Information for parents and carers



www.belongni.org



What is racial bullying?

Racial bullying occurs when a child or young person experiences repeated hostile or offensive behaviour against them based on the colour of their skin, cultural or religious background, ethnic or perceived ethnic origin.

Racism and racial bullying

Racism is treating someone unfairly because they belong to a different cultural, religious or ethnic background.

Racism can take many forms including racial bullying, it is against the law and should not be tolerated by anyone under any circumstance.

All children and adults have the right to be protected from racism.



Examples of racial bullying

Racial bullying can be physical, verbal or indirect. It can occur online, via phone, inside or outside school and can include:

- Insulting, humiliating and degrading comments or name calling, gestures, taunts and jokes;
- Mockery and/or mimicry of customs, music, dress and accent—including pretending not to understand what is said;
- Physical violence including hitting, kicking, punching etc.;
- Abusive or offensive emails, calls or texts;
- Refusal to work or co-operate with someone because of their cultural, religious or ethnic background or perceived ethnicity. This can include a child being repeatedly left out of activities inside or outside school or being ignored.
- Vandalism of property, offensive graffiti, flaunting of racist badges or slogans.



Why does racial bullying occur?

Racial bullying can occur for many reasons including:

- **Ignorance** — Children may feel threatened by those from a culture that they are unfamiliar with or don't understand.
- **Intolerance** — Children from ethnic minority communities can be vulnerable and easy to pick on.
- **Influence** — Children can be influenced by the racist beliefs and opinions of others including their friends, family and what they see in the media.
- **Power** — children may bully to feel in control or to seek attention from others.

