

To parents and guardians

The Kyoto Prefectural Government is currently taking measures to direct the whole society to address the issue of bullying after having compiled the basic guideline to prevent bullying in April 2014. We carefully respond to even the smallest bullying incidents using any means available, including conducting surveys. Cooperation from families is imperative to prevent, identify, and respond to bullying in the early stages. Please be reminded that constant communication with your child is very important.

To prevent bullying before it happens:

Prevention

- ★ Carefully listen to everything your child has to say, and earn their trust;
- ★ Spend plenty of quality time with your child;
- ★ Praise your child for their good features to raise self-esteem.

Early
detection



If you are worried, please
seek consultation to resolve bullying.



Do not miss any signs of bullying from your child. (Turn over for details)

Constantly pay attention and listen to your child. If you are worried about your child as you notice unusual behaviour, or hear of bullying cases,

Please consult *the school first!!*

The school offers full support to protect children and resolve bullying.

Consultation

Related institutions for consultation

- ★ "Netto-ijime-tsuho-saito" (cyber-bullying report site) :
http://www.kyoto-be.ne.jp/gakkyou/cms/?page_id=118
(Can also be accessed via smartphones and mobile phones)
FAX...075-414-5837



Bullying behaviour includes:

- Physical acts such as hitting, punching, and kicking
- Stealing, hiding and breaking objects
- Spreading vicious rumors
- Ridiculing
- Saying hurtful words or comments
- Ignoring and much more

"Cyber-bullying" incidents are increasing.

In order to avoid any online trouble such as cyber-bullying, please check up on your child's online activity. Try to set up safe filtering or household rules on their online activities.

★Let's work together with families, schools, and related institutions to tackle bullying.

Checklist to spot the signs of bullying



A checklist to identify signs of bullying.
 These warning signs can indicate whether or not your child is affected by bullying.
 Look carefully for changes in his/her behaviour.

Categories	✓	Major warning signs
Changes in habits	<input type="checkbox"/>	Becoming withdrawn and distressed
	<input type="checkbox"/>	Becoming frustrated, timid and restless
	<input type="checkbox"/>	Becoming easily upset over even small things, or aggressive at home
	<input type="checkbox"/>	Not wanting to go to school due to feeling sick
	<input type="checkbox"/>	Suddenly losing appetite and sleeping badly
	<input type="checkbox"/>	Excessively worrying about phone ringtones or message notification tones
Changes in behaviour	<input type="checkbox"/>	Suddenly becoming quiet and avoiding conversation with family members
	<input type="checkbox"/>	Wanting to change school, class(es), or quit a school club
	<input type="checkbox"/>	Talking about feelings of helplessness, decreased self-esteem, or suicide
Changes in outfits and belongings	<input type="checkbox"/>	Unexplainable dirt or tears spotted on clothing
	<input type="checkbox"/>	Unexplainable cuts and bruises on body
	<input type="checkbox"/>	Frequently getting personal belongings and school items lost, destroyed or scribbled on
	<input type="checkbox"/>	Unexplainable spending of extra money
	<input type="checkbox"/>	Demanding extra pocket money
	<input type="checkbox"/>	Stealing items and money from home
Changes in relationship with friends	<input type="checkbox"/>	Avoidance of socialising with friends and spending more time alone at home
	<input type="checkbox"/>	Increased cases of unexplainable going out prompted by telephone calls from unacquainted friends
	<input type="checkbox"/>	Sudden stop of visits from close friends and complaining about them
Is your child bullying others?	<input type="checkbox"/>	Owning unexplained new belongings
	<input type="checkbox"/>	Having unexplained extra money
	<input type="checkbox"/>	Becoming verbally bossy towards friends
	<input type="checkbox"/>	Becoming verbally aggressive or easily getting involved in physical violence