

BACKGROUND

- When children are bullied, parental support can act as a protective factor against the negative effects of bullying (Lereya, et al., 2013).
- Although limited, previous research has highlighted how being a parent of a bullied child is associated with poorer wellbeing in parents (Brown, 2010; Noret, 2023) and parents often report feeling angry and sad (Harcourt et al., 2014).
- While evidence suggests that a child being bullied can be associated with poorer wellbeing in parents, research in this area is limited and inconsistent.
- Therefore, the aim of this scoping review is to synthesise extant evidence to address the following research questions:
 - What is the impact of a child being bullied on their parents?
 - What factors play a role in the relationship between children's bullying experiences and their parents' mental health and wellbeing?



METHOD

This study was registered on the Open Science Framework and followed the PRISMA reporting guidelines.

Figure 1: Search strategy

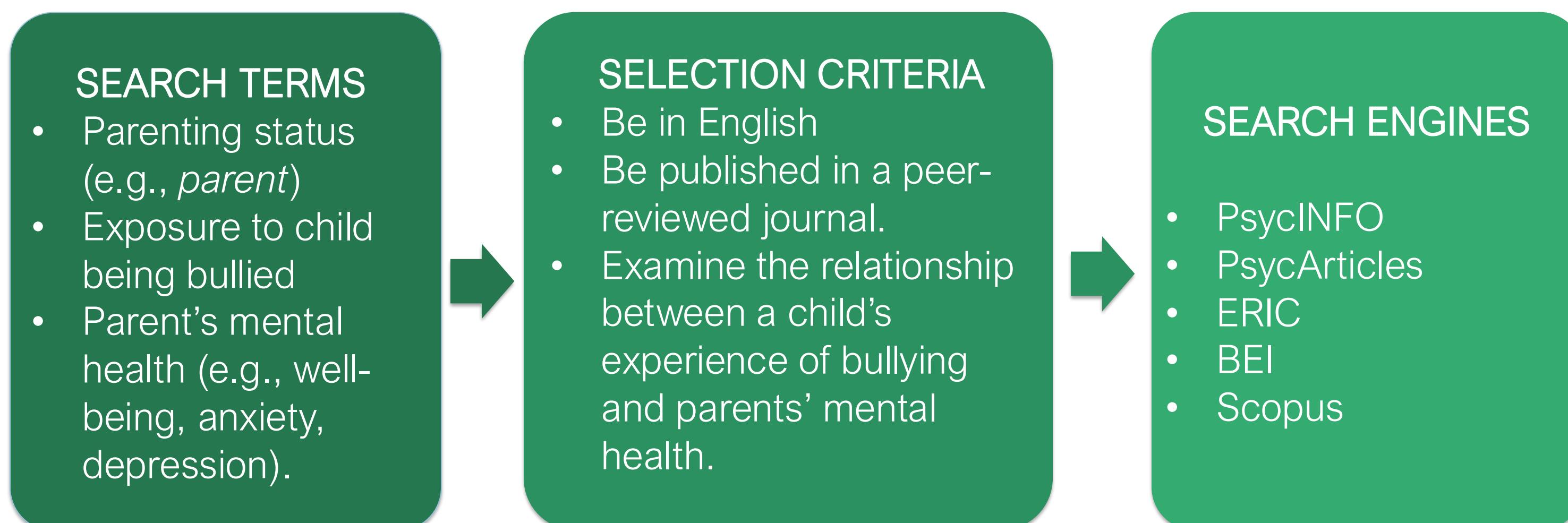
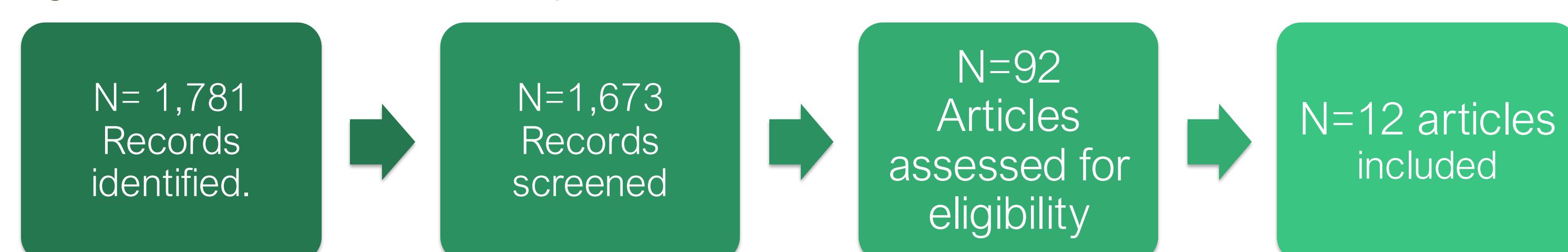


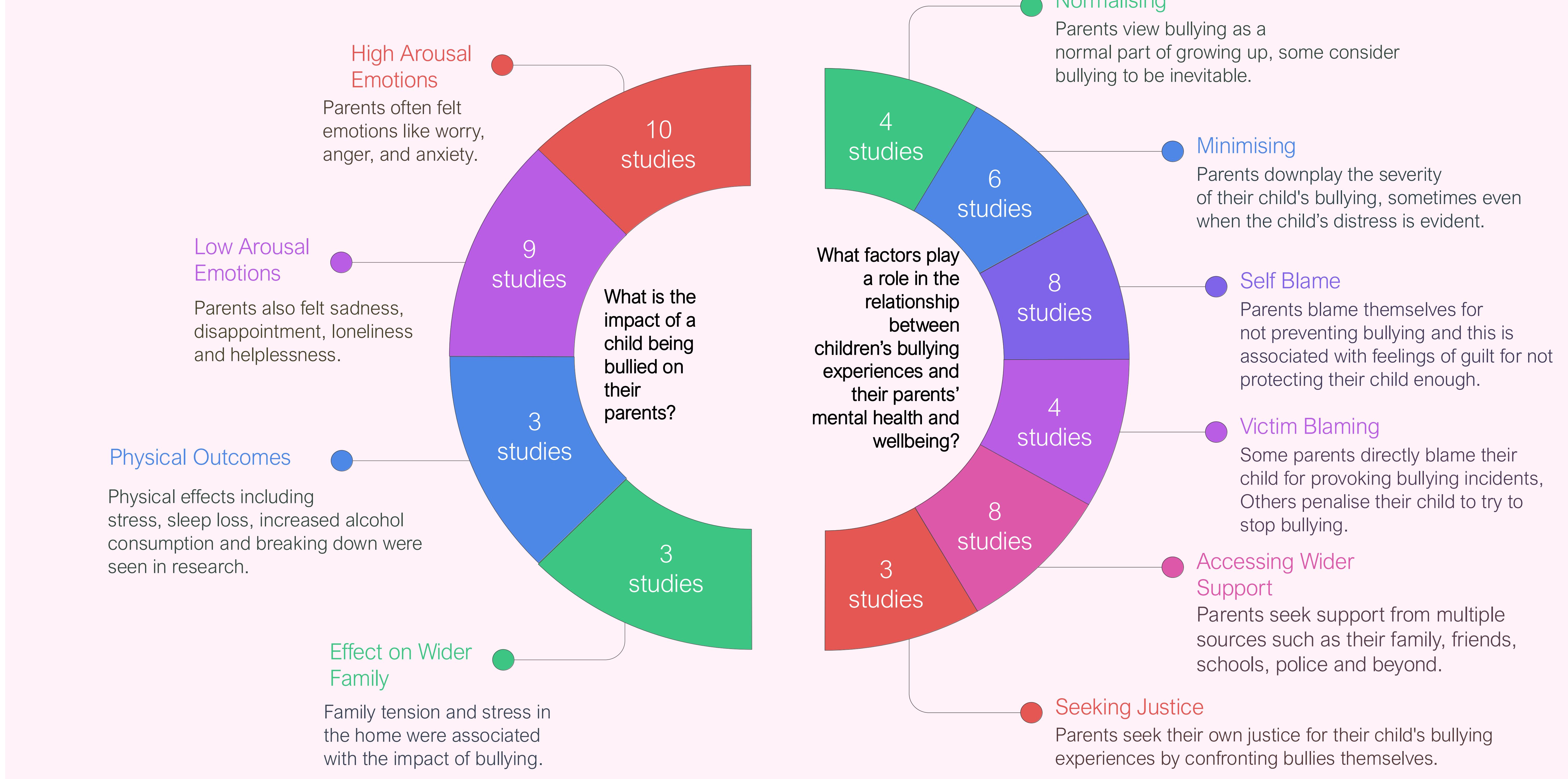
Figure 2: Simplified PRISMA Diagram



KEY FINDINGS

The key findings of the synthesis are summarised in Figure 3. Findings are organised by research question

Figure 3: Key Findings



DISCUSSION



- The impact of a child being bullied on their parent is significant, but not straightforward.
- Not all parents seem to be affected by their child being bullied, with some parents reframing bullying through cognitive reframing such as minimising and normalising their child's experiences of bullying.
- The parents who are affected report frequent negative emotional and physical outcomes personally and their wider family also being affected by one child's experiences with bullying.
- Seeking support and justice are prevalent themes but often are not meaningful endeavours when trying to improve their well-being and seemingly having an undesired outcome of worsening mental health outcomes.
- Receiving appropriate support from schools seems to have a positive impact on parents' mental health and well-being as parents feel both supported and their experiences are believed.
- However, as parents often feel let down by school-related support and feel victimised themselves, further research should explore if more positive outcomes and collaborative efforts improve parents' well-being.

References

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Sarah Wild
Department of Education, University of York
Email: sarah.wild@york.ac.uk



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