

What To Do About Bullying!

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My child is being bullied.

First, review the definition of bullying? Is it an aggressive, intentional behavior that happens repeatedly? Is there an imbalance of power? Or is this a case of a bad fight or conflict between classmates? If you aren't sure listen. Ask your child to tell you more about what's going on and let them lead the discussion. Using open ended questions or prompts such as "tell me more about that" will help you gather more information.



- Empathize with your child and praise them for having the courage to share.
 - Do NOT encourage them to ignore the bully. The bully may continue to provoke them to get a response. It may even make the bully angry.
- Check your own emotions. Our protective instincts naturally kick in, so step back and make sure you are calm before you respond.
 - Do NOT encourage your child to fight back. Encouraging your child to defend themselves through physical force could make the situation worse.



My child is doing the bullying.

Make it clear that you take bullying seriously and it is not okay.



*Remind them of the school rules against such behavior.

*Make rules within your family for your child's behavior. Make sure you have logical consequences set in place. For example, losing the right to call or email friends.

*Closely monitor their behavior.

*Try to involve your child in positive activities that build on their talents.

*Share your plan and concerns with the school.



My child is witnessing bullying.



- Remind your child it is ok to report. Some students fear that they will get in trouble for tattling. Remind them of the difference between telling and tattling.
- Encourage them to verbally intervene if it's safe to do so. For example
Stop it. We don't bully at our school.
- Tell them it is NOT ok to cheer on or support the bully. Even laughing along can encourage the bully.
 - Role play with your child what to say and do.
- Praise and encourage their brave attempts to stand up to the person doing the bullying.



Cyberbullying

Cyber bullying can take place over the internet, through text messages and messaging services, or through apps such as Instagram. It is important to stay vigilant about your student's online activities. Websites, such as Common Sense Media, can help you stay attune to new apps and protecting your child virtually.

If your student has been cyber bullied here are a few tips:

- *Encourage them NOT to respond.

- *Do NOT delete the messages or pictures.



Resources

Information in this handout came from the
[Olweus Bullying Prevention Program.](#)

[Choosing Friends](#)

[Parents Guide to YouTube](#)

[Protect Yourself grades 4-6 on Youtube](#)

[Info on Differences between Teasing, Taunting, Bullying](#)

[Tips for Parents of Children being Bullied](#)

[Tips for Parents of Children Witnessing Bullying](#)

[Tips for Parents of Children Bullying Others](#)

[Tips for Talking to Educators About Bullying](#)



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Image from Pixabay

Clip art by Rebekah Brock

