

The Role of Parents / Adult Caregivers

What to do when your child is being bullied:

Teach assertive behavior

Avoid teaching aggression

Be vocal

Talk to the teachers

Talk to other parents

Help your child

Intervene

Get the school involved

Identify the difference between ratting and reporting.

Model good relations at home

Recognize that the media uses violence as entertainment

Access community-based support

Enroll your child in a Skills Course

Empathize

Do not react emotionally

Encourage your child to spend time with friends

If everything else fails and your child's life is still miserable, consider transferring schools.

All parents need to:

- plan regular times to communicate with their child, ask about school
- keep up to date with the information being sent home regarding bullying
- inform the school of any concerns about bullying
- allow trained school personnel to follow through on concerns

What To Say When Confronting A Bullying Incident

When confronted with bullying, the situation must be quickly assessed and a decision made as to how to effectively intervene to ensure that there is no retaliation.

Effective statements include:

- You know our rules on rough play.
- Should I be concerned about what I see here?
- Do you people need some help?
- Looks like some nasty things are happening to _____.
- I just heard some things that are really inappropriate.
- Hey, what's going on here?
- Looks like _____ is not having fun.
- Come here, I need to talk to you for a minute.
- Be careful feelings are not being hurt here.
- Hey this looks (sounds) like bullying to me. You know our school rules.