

## **Anti –Bullying Tips for Parents**

### **What to Do About Bullying: Tips for Parents**

1. Encourage your child to report bullying incidents to you.

- \* Validate your child's feelings by letting him/her know that it is normal to feel hurt, sad, scared, angry, etc.

- \* Let your child know that s/he has made the right choice by reporting the incident(s) to you and assure your child that s/he is not to blame.

- \* Help your child be specific in describing bullying incidents: who, what, where, when. (Look for patterns or evidence of repeated bullying behaviors.)

2. Ask your child how s/he has tried to stop the bullying.

3. Coach your child in possible alternatives.

- \* Avoidance is often the best strategy.

- o Play in a different place.

- o Play a different game.

- o Stay near a supervising adult when bullying is likely to occur.

- \* Look for ways to find new friends.

- o Support your child by encouraging him/her to extend invitations for friends to play at your home or to attend activities.

- o Involve your child in social activities outside of school.

4. Treat the school as your ally.

- \* Share your child's concerns and specific information about bullying incidents with appropriate school personnel.

- \* Work with school staff to protect your child from possible retaliation.

- \* Establish a plan with the school and your child for dealing with future bullying incidents.

5. Encourage your child to seek help and to report bullying incidents to someone s/he feels safe with at the school:

\* Adult in charge of a specific activity or area (such as the playground, lunchroom, field trips, bus lines, gym, classroom)

\* Teacher

\* Counselor

\* Principal

6. Use school personnel and other parents as resources in finding positive ways to encourage respectful behaviors at school.

\* Volunteer time to help supervise on field trips, on the playground, or in the lunchroom.

\* Become an advocate for schoolwide bullying prevention programs and policies.

7. Encourage your child to continue to talk with you about all bullying incidents.

\* Do not ignore your child's report.

\* Do not advise your child to physically fight back. (Bullying lasts longer and becomes more severe when children fight back. Physical injuries often result.)

\* Do not confront the child who bullies.

\* Do not confront the family of the child who bullies.

See our other resources:

The following topics can be found at the bottom of this page:

<http://www.cfchildren.org/cfc/resourcef/bullytips>

\* More Parenting Tips:

o Partnering with Parents to Prevent Child Sexual Abuse

o Bullying and Sexual Harassment in Schools

o Battling Bullying—A Whole-School Approach

o Research on Bullying Behavior

o Internet links to other resources on bullying and sexual harassment