

WHAT CAN I DO IF I THINK MY CHILD IS BEING BULLIED?

Smart tricks from the experts

Share Your Concerns

Treat your child's teacher as an ally.

Share your concerns with your child's teacher.

Avoid being critical or blaming. Leave your baggage at home. Focus on your child's situation, and listen to your child's teacher and/or principal's perspective.

Focus On Your Child

Support your child and find out more about the problem. If it is a bullying situation, don't blame your child! Your child did nothing to deserve to be bullied. Listen carefully to what your child tells you. Take notes! Ask your child to describe who was involved, where it happened, and if there were any witnesses.

Create a Safe Home

Take time to talk to your child often.

Tell your child that bullying is wrong and it's not their fault. Say that you're glad they had the courage to speak up. Tell your child that you will do something about it and explain what you are going to do.

Build Your Child's Resiliency

As Bruce Lee said, "Be Like Water."

Encourage your child's interests and hobbies outside of school. This will help them handle difficult situations and build grit.

Encourage Healthy Friendships

Encourage your child to spend time with friendly students Inside and (if possible) outside of class! There is safety in numbers. So teach your child safety strategies, such as how to seek help from an adult or a friend or a friendly student. **DO NOT** tell your child to physically fight back. This is not likely to end the problem and it could make it worse by getting your child in trouble at school.

If your child needs additional help, talk with a mental health professional.

Encourage open communication and build a safe, loving home.