

IF YOUR CHILD IS BULLIED

If you learn that your child is being bullied, follow the positive steps below:

- ✓ Talk to your child. Get as much information as you can about what happened.
- ✓ Let your child know that you understand that verbal bullying can be just as harmful as physical bullying.
- ✓ Don't blame anyone, including the bully or your child.
- ✓ Be a part of the solution, but also let your child contribute. Give your child healthy ways to deal with a bully, such as telling the bully to stop.
- ✓ Contact school officials to let them know what is happening.
- ✓ Role play different situations with your child. Help her learn to use assertive body language and respectful words to solve problems.
- ✓ Remind your child that the bully's problems are causing the situation, not your child.
- ✓ Avoid giving advice such as "Don't worry about it," "Don't let it get to you," or "Give her a taste of her own medicine."
- ✓ Talk about your own experiences with bullying, both as a child and as an adult. This de-stigmatizes the subject and assures your child that you understand where he's coming from.
- ✓ Talking about bullies isn't a one-time discussion. Once you break the ice, come back to the subject whenever you feel you need to "check in" with your child. Be prepared to review the points you've already made in earlier talks.

IF YOUR CHILD IS A BULLY

If your child is a bully:

- ✓ Your first response will probably be defensive. Take a deep breath and try to listen to the information instead of defending your child.
- ✓ Ask the person reporting the situation to explain specifically what happened.
- ✓ Ask the person reporting the situation not to label your child.
- ✓ Try to listen carefully to what happened. Get as many facts as you can.
- ✓ Talk to your child about what happened. Do not blame.
- ✓ Make it clear that bullying is not accepted in your family. Give your child consequences for his actions.
- ✓ Look for positive changes in behavior and reward them.
- ✓ Don't hesitate to get professional advice. This can include your school's principal, guidance counselor, a family doctor or mental health therapist.



PARENT WEBSITES

If you would like to explore the topic of bullying further, please visit the following websites:

Bullying Warning Signs for Parents

www.safeyouth.org/scripts/faq/bullywarning.asp

Parent Response to Bullying

www.safeyouth.org/scripts/faq/respbullying.asp

Bullies and Victims: Information for Parents

www.teachersandfamilies.com/open/parent/bully1.cfm

Bullying Behaviors

www.safechild.org/bullies.htm

My Child Has a Problem with Bullies

www.childparenting.about.com/cs/behaviorproblems/a/bullies.htm

My Child Is a Bully

www.4troubledteens.com/childbully.html

PTA Website on Bullying


www.stopbullyingnow.hrsa.gov/indexAdult.asp?Area=preventiontips

Warning Signs That a Child is Being Bullied

www.stopbullyingnow.hrsa.gov/HHS_PSA/pdfs/SBN_Tip_7.pdf

What Do We Know About Bullying?

www.stopbullyingnow.hrsa.gov/indexAdult.asp?Area=what_we_know



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Shapiro, Lawrence E. Betty Stops the Bully. Wilkes-Barres, PA: CTC Publishing, 2004.

Sources: Allen County Public Library

http://www.acpl.lib.in.us/children/phabuse_personal.html

Vancouver Public Library

<http://www.vpl.ca/branches/LibrarySquare/chi/bravingbullies.html>