

## What Should I Do If My Child is Being Bullied?

1. Take their concerns seriously.
  - Listen attentively
  - Tell them they did the right thing by talking to you.
  - Reassure them you will do everything possible to make sure it stops.
  - Let them know they will not need to deal with the problem alone.
  - Let them know you will need to contact the school.
2. Encourage the child to tell an adult at school if it ever happens again.
3. Coach ways to deal with this.
  - Tell your child what he should not do (retaliate).
  - Help them find a way of responding that *defuses* rather than enflames.
  - Try: Ignore...walk away w/o appearing to be upset.
  - Be assertive by telling bully in firm voice to STOP!
  - Suggest 1 line responses...practice them.
  - Help your child appear confident by encouraging them to hold their head high, make eye contact with others, and walk with confidence.
4. Inform the teacher and principal (and possibly other school staff).
  - Work with school staff to develop a plan to end the bullying and provide support to your child.
5. Help your child develop friendships.
6. Monitor the situation closely.

## What Should I Do If My Child IS the Bully?

1. Do not dismiss this because “kids are kids.”
2. Meet with the principal or teacher...gather information.
3. Take a hard line on bullying.
  - Use the work “bullying” in your conversations with your child.
  - Convey that this must stop immediately.
  - Tell them you will be in frequent contact with the school.
4. Try to understand your child’s behavior.
  - Children bully for a reason (exert power, punish, vent frustration, etc.)

Try to find the source of the problem.  
Suggest how they can handle the situation differently.  
Arrange a consequence if the bullying continues.

5. Work with the school to modify the behavior.
6. Monitor your child's media exposure.
7. Pay close attention to your child's social behavior.
8. Seek help from an outside counselor if the bullying continues.

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