

## **Points for Parents**

### **“If your child is being bullied”**

- If your child gives you indication that he/she is being bullied, believe your child and record the information. Remember to write down where and when it happened, who was involved, and the type of bullying that took place
- Take the initiative and talk with you child. Ask for specifics and write them down. If a child doesn't volunteer information easily ask open-ended questions like “Tell me about your day”
- Contact the school immediately. Share your written log of the bullying incident with the teacher, or administrator. Ask the teacher to discuss a plan to stop the bullying behavior in addition to a safety plan, if there is retaliation by the child who is bullying.
- Role-play scenarios to develop more resistance skills at home. Concentrate on non-verbal cues such as stance, voice inflections, and eye contact. Etc. Ask the school counselor for help with “comebacks”.
- Investigate if your child is more of a passive or proactive victim. Have you heard that your child sometimes annoys, provoke others or has a short temper (proactive), or is shy, sensitive, physically weaker, low self image, becomes easily upset (passive). If your child is “proactive”, sometimes you can help your child change certain things that are making him/her more of a target. Even if your child is a “proactive victim” it doesn't give others he right to bully him/her, but it sometimes does make it more understandable.
- Please do not do the following:
  - ✓ Confront the child who is bullying and/or parents
  - ✓ Ask your child to stand up to the bullying with physical force
  - ✓ Blame your child for being bullied
  - ✓ Keep the bullying a secret
  - ✓ Let your child hear you talk negatively about his/her school, teachers, or administrators

