

Tips for Parents

“If your child is being bullied”

- 1. Take the initiative and talk with your child. Ask for specifics and write them down. If your child does not volunteer information easily, ask indirect and open-ended questions like “Tell me about your day!”**
- 2. If your child gives you indications that he/she is being bullied, believe your child and log the information. Remember to write down where and when it’s happening, who’s involved, and the type of bullying that is taking place.**
- 3. When attempting to stop the bullying, please do not do the following:**
 - Confront the bully and/or parents**
 - Ask your child to stand up to the bully by using physical force**
 - Blame your child for being bullied**
 - Keep the bullying a secret.**
- 4. Contact the school immediately. Share your written log of the bullying incidences with the teacher and/or administration. Ask the teacher to discuss a plan to stop the bullying behavior in addition to a safety plan to prevent retaliation by the bully.**
- 5. Spend time with your child and encourage him/her to express his/her feelings regarding school. Praise your child for his/her accomplishments and, at the same time, give him/her responsibilities at home.**
- 6. Role-play scenarios to develop resistance skills at home. Concentrate on non-verbal cues such as stance, voice inflections, eye contact, etc. Have your child problem-solve and discuss how humor, ignoring the bully, reacting differently, walking away, avoiding a situation, and reporting the incident might work or not work. Ask the school to offer your child a support group that builds life skills.**
- 7. Enroll your child into an extracurricular activity that builds assertiveness, friendship, social or self-defense skills such as martial arts, an athletic team, club, or creative experience that builds confidence.**
- 8. Investigate if your child is more of a passive or provocative victim. Does your child provoke others when he/she is being bullied? Ask the teacher for his/her insight and suggestions. What behaviors could your child change that could lessen the odds that your child will be bullied?**
- 9. Discuss that your child’s safety is top priority and if your child is threatened, to give up any possessions and then tell an adult. If the adult does not react, the child should keep a log and then tell the same adult or another adult until someone takes appropriate action.**
- 10. Check periodically about the progress of the plan within the school. Get involved with the parent-teachers association, school climate committee and/or volunteer in your child’s classroom.**
- 11. Be an appropriate role-model and demonstrate fair, consistent, age-appropriate and respectful discipline.**

Resources

Bullying at School: What We Know and What We Can Do
Olweus, Blackwell Publishers, MA

Bullying in our Schools
David Fitzgerald

The Bullying Prevention Handbook
Hoover & Oliver, National Educational Services, IN

Bullying Prevention Program Blueprint
Center for the Prevention of the Study of Violence, Boulder, CO

Turn Up the Music
Jeff Dess, Atlanta, GA

Waging Peace Manual
Michael R. Carpenter, SAPA of GA

Websites: www.clemson.edu/olweus
www.opheliaproject.org
www.sapaofga.org
www.stopbullyingnow.hrsa.gov

Here, you are safe.
Here, I will take care of you.
Here, I will not hurt you.
Here, I will not let anyone hurt you.
Here, you may not hurt anyone.
Here, you will be helped.
Here, I will help you.
Here, you will help.
Here, you will be a friend.
Here you will have friends.
Here, I will be your friend.

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