

Let's Stop Bullying - Tips for Parents

How do I know if my child is being bullied?

A child who is being bullied may display some of the following signs:



What can I do if I suspect my child may be bullying others?

Take the problem seriously. Children who continue to bully others often get into serious trouble in later life. They may also have continuing trouble in their relationships with others.

Establish a few family rules and stick to them. When children follow rules be quick to show approval. When they do not, there should be punishment e.g. loss of privilege or reduced spending money. Ensure that your children are not witnessing violent behavior between other family members.

Talk to your child. Keep in mind that a child who is bullying will often try to place the blame on others.

Talk to his/her teacher and or Head teacher. Keep in mind that a child who is bullying may try to place the blame on others. Frequent communication with teachers and/or administrators is important to find out how your child is doing in changing his or her behavior.

Seek help. School Social Workers, Psychologists and councillors are available to assist you and your child.

Arrange for an effective, non-violent consequence. This should be in proportion with the severity of your child's actions, and his or her age and stage of development. Physical punishment carries the message that "might is right".

Spend more time with your child. Look for activities you can share such as sports or hobbies. Try to avoid watching violent television and video games. Too much exposure may increase violent and aggressive behavior.

Tell your child that you will not tolerate this kind of behavior. Discuss with your child the negative impact bullying has on the victims. Praise kindness toward others. Show your child that you value kindness.

Increase supervision of your child's activities and whereabouts. Find out who their friends are and make sure that you know where they are at all times. Discourage relationships with aggressive peers.