# Anti –Bullying Tips for Parents

**What to Do About Bullying: Tips for Parents**

1. Encourage your child to report bullying incidents to you.

* Validate your child's feelings by letting him/her know that it is normal to feel hurt, sad, scared, angry, etc.

* Let your child know that s/he has made the right choice by reporting the incident(s) to you and assure your child that s/he is not to blame.

* Help your child be specific in describing bullying incidents:
who, what, where, when. (Look for patterns or evidence of repeated bullying behaviors.)

2. Ask your child how s/he has tried to stop the bullying.

3. Coach your child in possible alternatives.

* Avoidance is often the best strategy.

o Play in a different place.

o Play a different game.

o Stay near a supervising adult when bullying is likely to occur.

* Look for ways to find new friends.

o Support your child by encouraging him/her to extend invitations for friends to play at your home or to attend activities.

o Involve your child in social activities outside of school.

4. Treat the school as your ally.

* Share your child's concerns and specific information about bullying incidents with appropriate school personnel.

* Work with school staff to protect your child from possible retaliation.

* Establish a plan with the school and your child for dealing with future bullying incidents.

5. Encourage your child to seek help and to report bullying incidents to someone s/he feels safe with at the school:

* Adult in charge of a specific activity or area (such as the playground, lunchroom, field trips, bus lines, gym, classroom)

* Teacher

* Counselor

* Principal

6. Use school personnel and other parents as resources in finding positive ways to encourage respectful behaviors at school.

* Volunteer time to help supervise on field trips, on the playground, or in the lunchroom.

* Become an advocate for schoolwide bullying prevention programs and policies.

7. Encourage your child to continue to talk with you about all bullying incidents.

* Do not ignore your child's report.

* Do not advise your child to physically fight back. (Bullying lasts longer and becomes more severe when children fight back. Physical injuries often result.)

* Do not confront the child who bullies.

* Do not confront the family of the child who bullies.

See our other resources:

The following topics can be found at the bottom of this page:

http://www.cfchildren.org/cfc/resourcef/bullytips

* More Parenting Tips:
    - o Partnering with Parents to Prevent Child Sexual Abuse
    - o Bullying and Seuxal Harassment in Schools
    - o Battling Bullying—A Whole-School Approach
    - o Research on Bullying Behavior
    - o Internet links to other resources on bullying and sexual harassment