

Parent Responses to Bullying (7-12 graders)

The response by parents/guardians can be broken down to two key areas

- Support one's child: supporting one's child when they learn of a bullying incident includes:
 - Listen to your child
 - If they won't share about it, ask them questions to gather as much information about the situation as possible
 - Believe your child
 - Inform your child it is not their fault: Do not blame your child
 - Even if your child struggles socially, they are not to blame for any bullying
 - Ask your child what they want to do about it: They should be part of the solution
 - It empowers your child, which they were denied in the bullying situation
 - Expand the positive interaction you spend with your child
 - Always encourage your child to share how they feel with you
 - Check in continually with your child about how they are feeling
 - Empower your child outside of school
 - Enroll your child in activities that will enhance their self esteem
 - For example, many Martial Arts programs enhance this
- Report the incident: Inform your child's teacher/school

Remember, your child's school has an interest in the safety of your child, as it helps with the education of all students.

 - Let your child be part of the decision of how to approach/deal with the situation
 - Ask the school questions about what is going to be done
 - Also ask to be informed of the changes and/or progress concerning the situation
 - Be patient with the process
 - Work with the school to help educate your child about good ways to respond to bullying in the future
 - Educate child on reporting procedures
 - Safe areas, rooms, teachers, etc.
 - Work with the school to get your child involved with student groups at school that will be accepting of all people (The school should have a list)
 - Become involved with the school to a greater degree
 - Develop a working relationship with the school and your child's teacher
 - If the school has identified that it is not an issue, have them put that in writing to you

DO NOT:

- Confront the bully or the bullies parents
- Blame the child
- Minimize, rationalize or explain away the situation
- Attempt to solve the problem without your child's input
- Inform your child that they should fight back