

Talking to your Child about Bullying

For Parents



Bullying is a behavior that intentionally seeks to hurt, harm, humiliate, intimidate, or coerce a person. Bullying can be physical or emotional and can happen online, in the community or in school.

Tips for parents when talking to your child about bullying

1. Always make sure your child knows bullying can take on several forms:
 - **Physical Bullying**—hitting, pushing, taking personal possessions
 - **Verbal Bullying**—name-calling, offensive comments/jokes, and threatening others
 - **Social Bullying**—excluding someone from a group, spreading rumors about someone, telling others not to be friends with someone
 - **Cyber Bullying**—repeatedly sending hurtful or humiliating messages through text or social media
2. Bullying is usually about another person trying to prove power or control over someone else.
3. Always make sure your child knows that they should never listen to or do something that a bully says.
4. Always help to make your child feel proud of the things that make them different and unique. Celebrate those differences with them!
5. Remind your child that no matter where or when they are bullied, they should always talk to a trusted adult about what happened.
6. Reassure your child that they can always come to you if they are being bullied.
7. Let your child know that if they are being bullied or see someone being bullied that they should always let the bully know what they are doing is not ok.
8. You can find out if your child has been bullied and how they may have handled the situation by having conversations with them about bullying.
9. Use real life situations, movies, or TV shows to start the conversation with you about bullying:
"I heard Michael was sending inappropriate and mean messages to another student in the school. Did you hear about this? Do you know what kind of bullying this is?"
10. If your child comes to you about being bullied, always make sure they know that bullying is **never their fault!**
11. Reach out to others if your child needs help and use the school and community resources to advocate for your child.

Resources:

Amaze—<https://amaze.org/video/wise-on-the-web/>

Connect Safely—<https://www.connectsafely.org/cyberbullying/>

Cyberbullying Research Center—<https://cyberbullying.org/resources/parents>

Kids Health—<https://kidshealth.org/en/parents/cyberbullying.html>

National PTA—<https://www.pta.org/home/family-resources/safety/Digital-Safety/Parents-Can-Prevent-Cyberbullying>

Stop Bullying—<https://www.stopbullying.gov/resources/get-help-now>