

How to Help Your Child with Bullying

When your child is being bullied:

- LISTEN to your child - talking about the problem and knowing you care can help.
- REASSURE your child that he/she is not the cause of the bullying.
- EMPOWER your child to speak up and stand strong - suggest that your child look the bully in the eye and firmly say “I don’t like your teasing and I want you to stop it now.” Walk away and get the help of an adult.
- ENCOURAGE your child to develop more friendships - getting involved in various school and group activities.
- BE PROUD - Tell your child that if they are different in some way, it’s ok to be proud of who you are.
- WORK TOGETHER with the school to address bullying issues and develop a positive school culture.

When your child is the bully:

- WATCH for and don’t allow your child to control others through verbal threats or physical actions.
- HELP you child develop empathy for the problems or differences of others
- APPLY clear, consistent consequences for repetitive aggressive (physical and verbal) behavior
- LIMIT your child’s exposure to models of aggressive behavior, such as at home, on television, movies and in games.
- TEACH your child social problem solving skills
- BE a GOOD role model for getting along with others and accepting differences.

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