



Parent Tip Sheet 8. Bullying

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How do I know if my child is being bullied or a target of unacceptable behaviour?

Some of the signs that a child is being bullied or is a target of unacceptable behaviour include:

- Being unwilling or refusing to go to school
- Feeling ill in the mornings
- Being frightened to walk to and from school
- Wagging school
- Doing poorly in their school work
- Becoming withdrawn, starting to stammer, lacking confidence
- Crying themselves to sleep, having nightmares
- Asking for money or starting to steal (to pay the bully)
- Refusing to talk about what's wrong
- Having unexplained bruises, cuts, scratches
- Beginning to bully other children or siblings
- Becoming aggressive and unreasonable
- Reluctance to discuss cyber bullying in case their computer or phone is taken away.



What can I do if my child is being bullied or targeted by unacceptable behavior?

Step 1: Listen carefully to your child and show concern and support.

Step 2: Congratulate your child for confiding in you.

Step 3: Give sensible advice – don't encourage your child to fight back; this will most likely increase the bullying or unacceptable behaviour.

Step 4: Assist your child to develop positive strategies including:

- Saying 'leave me alone' and calmly walking away
- Avoiding situations that might expose them to further bullying or unacceptable behavior
- Making new friends
- Using technologies safely and responsibly.

Step 5: Ask your child the following questions to understand if there is a repeated pattern:

- What, where and when did the incident happen?
- Who was involved on each occasion?
- Did anybody else see it and, if so, who?
- What solutions have been tried so far?
- What are the names of any teachers who may be aware of the problem?

Step 6: Work with your child's school to solve the problem. Schools take their responsibilities in relation to bullying and unacceptable behaviour very seriously and they have more success when parents work with the school to solve the bullying problem.