Parents’ role in Our Friendly School

Research has demonstrated that efforts to change attitudes and behaviour of students are more likely to be successful if parents are actively involved and feel a sense of shared ownership of the process.

What can parents do to support activities in the school to reduce bullying?

- Talk regularly with your children about bullying;
- Encourage your children to ‘ask for help’ if they are being bullied at school;
- If your children are fighting at home, help them discuss their problem and come to a mutual solution to the problem;
- Encourage your children to be assertive by helping them practise speaking in a firm but friendly way, making eye contact, looking calm and smiling and feeling good about themselves;
- Encourage your children to play with other children at school, at home and in the neighbourhood; and
- Help your children improve their self-esteem by discussing the things they are good at, encouraging your children to ‘have-a-go’ at new activities, and encouraging your children to develop their own independence by allowing them to care for their belongings or manage their pocket money.