

TIPS FOR PARENTS

How can you help your child?



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.