

TIPS FOR PARENTS

How can you help your child?



What is bullying?

Bullying is when these things happen **again and again** to someone:



- Being ignored, left out on purpose, or not allowed to join in;
- Being made afraid of getting hurt;
- Being hit, kicked or pushed around;
- Being made fun of and teased in a mean and hurtful way; or
- Having lies or nasty stories told about them to make other kids not like them.



It is hard for the child being bullied to stop these things from happening again and again.

What can I do if I think my children are being bullied at school?

- Try to talk with your children about what is going on;
- Listen to their concerns and believe them;
- Be aware of your own response and react in a calm and helpful manner;
- Talk with your children's teachers and calmly discuss the situation and some possible strategies; and
- Encourage your children to ask for help if they are being bullied, e.g. talk about who they could talk to at school, and how to ask for help.

