



**AS A PARENT WHAT CAN I DO TO HELP MY CHILD WHO IS...
BEING BULLIED**

- Help your child feel safe and supported to talk with you
- Let your child know that you do not blame him/her for being picked, that it is not his/her fault.
- Remind your child that he/she is no longer alone
- Gather information on the bullying in order to determine the severity of it, so that decisions can be made around the urgency of the situation and whether others need to become involved.
- Find out when, where, who, and how often bullying occurs in order to safety plan.
- Involve the school as allies. Remember that bullying is often hidden from adults, making it very difficult for teachers to catch bullies in the act.
- Involve teachers strategically. Let teachers know who is bullying your child, when, where, and how it occurs. Ask the teacher to avoid confronting the bully based on this information. Instead, this information can be used by the teacher to catch the bully in the act.
- Have your child express his/her feelings about being picked on. Depending on the severity and chronicity of the bullying, your child may benefit from professional services to evaluate and treat developing mood and anxiety difficulties.
- Help your child practice responses to bullying situations that he/she indicates have occurred.
- Together with your child, try to come up with other possible teasing situations and role-play responses.
- Have your child practice a confident presentation style that includes posture, eye-contact, tone of voice, etc. Consider a social skills group.
- Involve your child in social groups that are structured and have appropriate supervision. This will allow your child to feel safer, continue to practice social skills, develop friendships, and bolster self-esteem.
- See if you can arrange with the school to have a popular and positive child buddy-up with your child.

**AS A PARENT WHAT CAN I DO TO HELP MY CHILD WHO IS...
BULLYING OTHERS**

- Work with your child to find prosocial ways to redirect their efforts to be powerful and respected.
- Challenge your child to consider the effects of their aggression on others.
- Help your child develop perspective-taking skills by having him/her think about how he/she would feel if teased by someone more powerful
- Recognize and reward acts of kindness and compassion
- Model for your child non-aggressive ways of dealing with difficult situations
- Discuss and role-play with your child non-aggressive ways to obtain respect and solve problems
- Monitor and limit that amount of violence your child is exposed to on television, internet, video games, etc.
- Supervise your child during planned social interactions with peers
- Take it seriously if your child is being accused of bullying.
- Gather information from teachers and work with the school to help determine the severity of your child's bullying behaviour.
- Apply reasonable, age-appropriate consequences for bullying behaviour. Try to avoid power struggles and displays of your greater power as this further models the use of power to get results.
- It may be important to evaluate and seek professional help in the form of anger-management, social skills development, problem-solving, etc.

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