

Friend to Friend Parent Workshop

Helping Your Child With Bullying



Tips for Being a Strong Advocate for Your Child When Dealing with Bullying

Initial Response

- Take it seriously
- Listen to your child before reacting
- Do not contact the parents of the bully

Support Your Child

- Check in with your child each day – set aside 5-10 minutes each night to check in with your child
- Take a problem-solving approach
- Assess the situation – is it a conflict or bullying?
- Write it down – the “who, what, where, and when” of what is going on

Ask Your Child About The Bully

- What happened?
- What led up to this?
- Where did it occur?
- How long has it been going on?
- How have you tried to deal with it?
- Did you report it to an adult at school?

Contact School Administration for Support

- Contact school administrator(s) to work with them on a plan:
 - It is important for parents who believe their child is being bullied or harassed to report it to the school and cooperate in the school’s investigation of the allegations.
- Help support and contribute to the school’s plan