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

Friend to Friend is a school-based intervention program designed by experts at Children’s Hospital of Philadelphia to reduce relational aggression among high-risk 3rd to 5th grade girls as well as improve the broader classroom climate in urban schools. Learn more about Friend to Friend by visiting https://violence.chop.edu.