



We Care About Kids!

## Advice for Parents on Bullying

(Excerpt from the book Stop the Bullying by Dr. Kenneth Rigby)

When parents discover that their child has been involved in bullying at school, either as a victim or as a bully, it can be very upsetting. Here are some suggestions:

1. If you suspect that your child is being bullied at school, encourage him or her to talk to you about it. Recognize that it may be hard for the child to speak out.
2. Never dismiss the matter by saying that it's the child's problem and he or she must simply stand up to the bully or bullies. Sometimes this course of action is impractical, especially if a group of bullies is involved.
3. Don't be too over-protective either, for example by saying: "Never mind. I will look after you. You don't have to go to school. Stay home with us."
4. Listen carefully and sympathetically. Try to get the relevant facts without interrogating the child.
5. Explore alternative courses of action with the child; for example, acting more assertively, making friends who can help, or speaking with a teacher or counsellor.
6. Decide whether it is best to discuss the problem with the school. This will normally depend upon: (i) the severity of the victimization, including its duration; (ii) whether it is thought that the child can learn to cope; and (iii) the wishes of the child regarding whether the issues should be raised with the school. On occasions, if the bullying is particularly severe, you may reasonably ask the school for advice despite the reluctance of the child to seek such help.
7. If it is decided that the issue should be raised at school, be prepared to describe as accurately as possible what has been happening to your child.
8. Remember that the school needs to know what has been happening to your child for the good of all other children at the school. Also be aware that the school has a "duty of care" and is obliged to act "in loco parentis".
9. If you discover that your child is bullying others at school, take the matter very seriously and exercise whatever influence you can to stop this behaviour.
10. If the school informs you that your child has been bullying others and requests an interview, be prepared to work out a plan with the school to bring about a change in your child's bullying behaviour.

Phone: (416)809-5437 Fax: (416) 281-9962

Email: [info@kidsafeproductions.com](mailto:info@kidsafeproductions.com)

[www.kidsafeproductions.com](http://www.kidsafeproductions.com)