

What to do if your child tells you they are being bullied or are demonstrating bullying behaviours or attitudes.

- Always take what your child is saying seriously. Don't get angry or upset, listen to what they have to say and ask them how they think it could be dealt with, so they are part of the solution to the problem.
- Reassure them that it isn't their fault.
- Praise them for speaking up and getting help, letting them know it was the right thing to do.
- Don't tell them to hit or shout back,. It simply doesn't solve the problem; this could lead to making them even more stressed and anxious.
- Explain to them why people may bully
 - Not understanding how someone else is feeling.
 - Taking out their angry feelings.
 - Being bullied themselves.
 - Trying to get admiration and attention from friends.
 - Low self esteem

Keep raising your child's self esteem.

Self-esteem affects the way children think, behave and relate to others. A child with self-esteem doesn't need to dominate others to make themselves feel good - and is able to stand up for themselves, in an appropriate way, when they need to.

