Parents Can Help

- Be aware of bullying signs.
- Establish open communication with children.
- Don’t bully children.
- Build children’s self-esteem.
- Help children deal appropriately with anger.
- Role-play bullying situations while encouraging children to be assertive.

“What if my child doesn’t want me to tell anyone or go to the school?”

- How old is your child? (age of competence)
- Is your child being physically hurt or threatened?
- What do you think would happen if you visited the school?
- Who would you talk to at the school?
- Do you know the school’s policy about bullying?

“I went to the school and they didn’t help or it is still happening.”

- What is the school’s policy on handling reports of bullying?
- Did they follow that policy?
- If you tell someone and they don’t help you, keep telling until someone does help.
- What other school representative could you tell?
- What is the chain of command? (counselor-assistant principal- principal- superintendent)
- What is your support or network system? Are there other parents who are experiencing the same thing? What have they done? Could you work together?
- Could you advocate for the school to adapt new policies? (confidential reporting, class meetings, workshops for students, parents, and teachers)