

WHAT TO DO IF YOUR CHILD IS BEING BULLIED

- ✚ Listen carefully to what your child tells you has happened. Show your child empathy and support.
- ✚ Learn as much about the bullying tactics as you can from your child, including who might have witnessed the event.
- ✚ Make sure your child knows he or she is not at fault for being bullied.
- ✚ Do NOT encourage retaliation.
- ✚ Look at the [Bullying Definition Checklist](#) to determine if bullying is what is happening.
- ✚ Complete the “[Harrassment, Intimidation, or Bully Complaint](#)” form (paper version) or the [Online Bullying Complaint](#) form. Complete a form each time an incident happens.
- ✚ Make sure your child’s teacher is aware of your concerns and can monitor behaviors at school.
- ✚ Inform the principal of your concerns.
- ✚ If the behavior persists, talk to the principal about the possibility of a “No Contact” order.
- ✚ Talk to your child about strategies for dealing with a bully. Role play some situations with your child. Have him or her act out for you how they would react in a given situation. Help them to develop a firm voice and a confident stance and to maintain good eye contact.
- ✚ Help your child make a plan. Talk with your child about a trusted adult (s) at school to whom they could report bullying. You might want to include the teacher and principal in your plan by letting them know the adult with whom the child feels most comfortable.