

## **What if my child is being bullied?**

At school, we are directing all resources to preventing and ending the act of bullying. We understand that this can be a painful experience for your child. Below are some additional items you can address with your child to help with bullying:

Support your child and ask questions about the situation.

- Ask him/her to describe exactly what happened, who was involved, and where it occurred. Get names of children and adult witnesses. Keep a written record of any reported bullying, dates, times and the action that you took.
- Do not encourage retaliation. This could result in escalation of the situation and your child facing punishment.
- Determine if the act is actual bullying. Many behaviors look and sound like bullying, but in fact are not bullying.

Encourage your child to report the incident. Contact your child's teacher or principal as soon as possible. Don't let it wait a week.

- Bullying cannot typically stop without the help of adults. If the school does not know about the bullying, it cannot address it.
- When speaking with a school official, try to give factual information such as who, what, where, when, and how. Try to keep emotions, opinions, and assumptions out of the conversation and try to keep it non-confrontational with the school official. Emphasize that you want to help find a solution and stop the bullying so it won't happen to other children. Work with school personnel to help solve the problem.
- Do not contact other student's parents. This can escalate the situation. The school will typically notify the parents of the involved students.

Follow up with your child on a daily basis to see if the bullying has stopped. If it continues, do not hesitate to contact the school. When you contact the principal, share with him/her the evidence you have collected.



*\*Source: National Center For Missing & Exploited Children*