



Helping Your Child Through Bullying

When your child is being bullied, it's normal to feel angry, helpless, or unsure what to do. The most effective approach is to help your child feel safe, supported, and empowered — while working with the school to stop the behavior. Here's a practical guide to help you take action with confidence.

Listen First

Stay calm and give your child your full attention. Thank them for telling you — it takes courage. Let them know it's not their fault and avoid jumping to solutions before hearing the whole story.

- "I'm so glad you told me."
- "You don't deserve to be treated that way."
- "We'll work through this together."

Gather Information

Ask open-ended questions to understand the full picture.

- What happened, and who was involved?
- When and where does it usually occur?
- Has anyone else witnessed it?
- Has a trusted adult been told?

Write down dates, times, locations, and any witnesses.

Save Evidence

If bullying is happening online, document everything carefully.

- Take screenshots of messages or posts
- Save emails, texts, and social media content
- Do not encourage your child to respond to hurtful messages

Contact the School

Reach out to the teacher, counselor, or principal with specific facts. Ask what steps will be taken for your child's safety and request follow-up communication. Partner with staff — you're on the same team.

Teach Safe Responses

Practice these strategies with your child through role-play to build confidence:

- Walk away calmly
- Stay near trusted friends
- Use a steady voice: *"Stop. That's not okay."*
- Find a trusted adult right away



Build Confidence Outside School

Encourage activities where your child feels capable and valued — sports, music, art, clubs, or volunteering. Positive friendships and accomplishments strengthen self-esteem and resilience over time.



Watch for Emotional Changes

Bullying can lead to anxiety, depression, trouble sleeping, avoiding school, or withdrawing from family. If these signs persist, consider speaking with a mental health professional who works with children.



Keep Communication Open

Check in regularly with simple questions: *"How was today?"* or *"What went better today?"* Even after bullying stops, these ongoing conversations help your child feel heard and safe.



Know When to Seek Immediate Help: Contact the school and, if necessary, law enforcement if bullying involves threats of violence, physical assault, sexual harassment, stalking, repeated cyberbullying with threats, or any mention of self-harm or suicide.



Don't Encourage Retaliation

Physical retaliation often makes situations worse and can result in disciplinary consequences for your child. Focus on safe, adult-supported responses instead.



Remind Your Child

Bullying is never their fault. They deserve to feel safe. Asking for help is a sign of strength, not weakness — and there are adults ready to help them.

By staying calm, believing your child, documenting what happens, and partnering with the school, you can make a real difference — helping your child regain confidence and a sense of safety.