

What to do if your child is bullying

It's hard for any parent to believe that their child is bullying another child, but sometimes it happens. Finding this out can bring up strong feelings that may stop you being able to think clearly.

Keep CALM:

- C**ontrol your thoughts and your actions
- A**ssess and decide if you are too upset to continue talking
- L**eave the situation if you are feeling too angry or upset
- M**ake a plan to deal with the situation within 24 hours

Key actions

Focus on solutions rather than problems

Talk calmly and clearly with your child.

Encourage problem solving/thinking

Help your child to identify exactly what he or she did and to be accountable and responsive by saying sorry and finding a way forward.

Support the school policy

Ask the school, "What can I do from home to help?" Stay in touch with the school and hear how your child is doing. Call back regularly.



If the situation seems serious, seek professional help promptly