



Australian Government

Australian Institute of Family Studies

Child Family Community Australia

# Does your child bully others? Ten positive actions for parents

Jodie Lodge

So your child is bullying others?

While it is a normal reaction to feel shocked, worried, fearful or even to deny or defend the bullying—**try to listen** to what others are saying about your child.

Children can't learn without making mistakes. It's how we help them deal with those mistakes that matters.

Bullying is intended to hurt, frighten or threaten someone, and can continue over time. It might be physical, or involve teasing somebody, or leaving that person out of a group or activity. It can be face-to-face, or might happen by mobile phone or via the Internet. Bullying is a way of having power over others and not simply random childhood meanness.

**As a parent, you need to step in.**

## Did you know?

Children who bully are more likely to:

- do poorly in school
- turn to violence as a way to deal with problems
- damage property or steal
- abuse drugs or alcohol
- get in trouble with the law



## Here are 10 positive actions you can take

**Stay calm** Avoid blame and focus on potential solutions.

**Talk with your child** Let them know firmly that bullying is unacceptable, and that it must stop.

**Ask why** Try to find out if there is something troubling your child either at school or at home.

**Get on board** Take it seriously. Support the school policy.

**Set clear, but reasonable rules** Reward good behaviour and follow through with consequences.

**Monitor your child** Supervise your child and give them immediate feedback on their progress.

**Create a respectful home** Encourage respectful and kind actions between family members.

**Spend time with your child** Nurture your relationship and model positive ways of dealing with conflict.

**Make a commitment** Support your child's efforts to improve.

**Get help** If things don't improve, it's a good idea to seek professional advice.



*Remember, the times when our children challenge us are the times when they need our respect and support the most*

## Help lines and other support

**Parent Helpline** 1300 364 100

**Youth Healthline** 1300 13 17 19

**Kids Helpline** 1800 55 1800

**Find a Psychologist Service**

Search for a psychologist in your area

<[www.psychology.org.au/findapsychologist](http://www.psychology.org.au/findapsychologist)>

Phone: 1800 333 497

## More information?

Other bullying resources are available at:

<[www.aifs.gov.au/cfca/focuson/bullying.html](http://www.aifs.gov.au/cfca/focuson/bullying.html)>

© Commonwealth of Australia 2014

With the exception of AIFS branding, the Commonwealth Coat of Arms, content provided by third parties, and any material protected by a trademark, all textual material presented in this publication is provided under a Creative Commons Attribution 3.0 Australia licence (CC BY 3.0) <[creativecommons.org/licenses/by/3.0/au](http://creativecommons.org/licenses/by/3.0/au)>. You may copy, distribute and build upon this work for commercial and non-commercial purposes; however, you must attribute the Commonwealth of Australia as the copyright holder of the work. Content that is copyrighted by a third party is subject to the licensing arrangements of the original owner.



Photo credits: Front © istockphoto/Juanmonino; back © istockphoto/fotostorm

Australian Institute of Family Studies, Level 20, 485 La Trobe Street, Melbourne VIC 3000 Australia. <[www.aifs.gov.au](http://www.aifs.gov.au)>