



# Bullying Tips For Adults

## If your child is being bullied...

### How can you tell?

Often children don't tell adults they're being bullied because they're embarrassed or afraid. A child who is being bullied may:

- be afraid to go to school or skip school,
- complain about feeling ill in the mornings,
- start to do poorly in school,
- "lose" belongings or come home with clothes or books damaged,
- have unexplained injuries,
- become withdrawn, and
- avoid other children to spend time with a teacher or supervisor.

### What can you do about it?

If you suspect a child is being bullied, be direct and ask about it. If the child is being bullied, take action by:

- offering support and comfort,
- working with the school to find a solution,
- helping the child develop confidence, and
- practising effective responses.



## If your child is bullying others...

### How can you tell?

Look for these clues. People who bully may:

- use verbal or physical aggression to deal with conflict,
- come home with money or items that don't belong to them,
- lack the ability to play cooperative games with others,
- become angry when they lose a competitive game,
- react to questioning with anger or avoidance,
- play inappropriately with much younger children, and
- put down other children in conversations.

### What can you do about it?

There are many reasons a child may exhibit bullying behaviour. Whatever the reason, the child has to realize that bullying is unacceptable. If you learn that a child is bullying:

- stay calm,
- be firm,
- ask for a reason, and encourage the child to express him or herself,
- use non-violent consequences, and
- aid in reconciliation and set rules.

