



# SUPPORT FOR A CHILD WHO IS BEING BULLIED

At home **Dot** notices that **Spotty** is upset. **Spotty** shows the video with the bullying incident. **Dot** loses it, and then manages to calm down and be there for **Spotty**, listening attentively. **Spotty** feels better as the problem is shared and ideas are developed.

## MESSAGE

Being there for our children, staying calm and listening carefully will help them find the courage to share their problems, and come up with their own ideas for handling it. Our children learn from our actions as well as our words.

Calm, positive role-modelling will help children think of the best solution before reacting.

### Narrated Message

*Wait! A child who is being bullied needs caring and tenderness, along with reassurance that the bullying is not their fault.*

*It takes a lot of courage for children to talk to us about bullying. It's important to give them space, listen carefully, reassure them and be their guide.*

*We can invite children to tell us in their own words what happened and how they feel. When they are able to express themselves and find their own solutions, they take an important step toward rebuilding self-worth.*

## ISSUES

- Bullying is a real problem for children
- Opening up and talking about being bullied can be scary and difficult
- Remaining calm when we learn that our child has been bullied can be challenging
- The importance of acting as role-model and guide, rather than rushing in to solve our children's problems

## STRATEGIES

- Being there when our children are communicating that they have a problem
- Trying to stay calm and focus on the needs of our children is a good start
- Focusing on listening, rather than reacting, when children speak to us about bullying
- Leaving space and time for children to tell their story, in their own words, in their own time
- Encouraging children to come up with their own ideas

## QUESTIONS FOR GROUP DISCUSSION

### Parents

1. What are some of the messages this vignette offers?
2. What would encourage children to approach us and share their feelings?
3. Why do you think it can be hard for children to open up about being bullied?
4. How do you think a child might respond if we react strongly when they approach us with a problem? How might they feel?
5. Where and how could you get support for your own feelings about your child being bullied?
6. Are there questions you could ask to help children come up with strategies for addressing their problem? What are the benefits of having your child come up with their own ideas?
7. How can teachers or others at the school help if your child is being bullied?

### School Staff

1. What are some of the messages this vignette offers?
2. Why do you think it can be hard for students to open up about being bullied?
3. What kind of listening behaviours would encourage a student to tell their full story about bullying?
4. How could you and your school offer assistance to parents who learn that their children have been involved in a bullying incident?
5. Do you or your school have a process in place if parents come forward about bullying? What kinds of responses might be helpful?



## RESOURCES

- Assessing and Reinforcing your Child's Self Esteem  
[http://www.brightfutures.org/concerns/materials/middle\\_06-94.pdf](http://www.brightfutures.org/concerns/materials/middle_06-94.pdf)
- Helping Children and Youth with Bullying: Information for Parents and Caregivers  
[www.cheo.on.ca/uploads/12796\\_Bullying.pdf](http://www.cheo.on.ca/uploads/12796_Bullying.pdf)
- Signs your Child is Being Bullied  
[www.greatschools.org/parenting/bullying/4217-How-to-know-if-you-child-is-being-bullied-video.gs](http://www.greatschools.org/parenting/bullying/4217-How-to-know-if-you-child-is-being-bullied-video.gs)
- Let's Stop Bullying – Tips for Parents  
[www.redcross.ca/article.asp?id=14596&tid=071](http://www.redcross.ca/article.asp?id=14596&tid=071)

## SCHOOL STAFF

- Safe@School (COPA and OTF)  
[www.safeatschool.ca](http://www.safeatschool.ca)
- Responding to a Student who is Targeted by Bullying  
<http://safeatschool.ca/index.php?q=plm/bullying-prevention/healthy-communication/problem-solving/responding-to-a-student-who-is-targeted-by-bullying>

