

ANTIBULLYING TIPS FOR PARENTS

If your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying.

What should you do?

- If your child is being bullied, don't panic Explain to your child that the bullying is not their fault and together you will sort this out.
- Bullying is never acceptable; and should always be taken seriously. It is never your child's fault if they've been bullied.
- Try and establish the facts. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.
- Find out what your child wants to happen. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take.
- Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships outside of school (or wherever the bullying is taking place).



Find more resources and learn more about the CAP Task Force here:

