

TALKING TO A CHILD ABOUT BULLYING

PARENT'S GUIDE TO ONLINE SAFETY



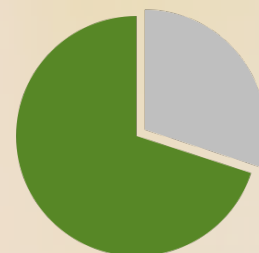
BULLIED CHILDREN FEEL ASHAMED AND EMBARRASSED. Some think that by telling someone, they are betraying their friends or may disappoint people they love. Some with low self-esteem feel they deserve to be bullied.

THEY FEEL AFRAID. They worry about the repercussions of telling an adult. What if telling an adult makes the situation worse? What if no one believes them? What if they are forced to confront the bully when they are not ready to?

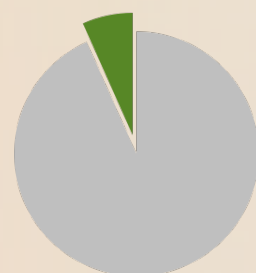
THEY FEEL HOPELESS. For many victims, being repeatedly bullied causes them to feel no one can or will help them. Some resign themselves to the belief that they will always be bullied.



Every seven minutes a child is bullied on a school playground, and most of the time, no one intervenes.



70% of reported bullying incidents were verbal.



6% of victims claimed to have also been a bully.

More than half of bullied children don't freely talk about it - not with their families, not with anyone. Parents must read the signals that their child is dealing with emotional pain and then effectively communicate with them.

LET YOUR CHILD DO THE TALKING.

Ask if someone is being mean or hurtful at school, and then give your child time to respond. Let your child lead the conversation, and try to refrain from asking a lot of questions.

By letting your child talk freely, you'll see his or her perspective and learn the details that are most important to him or her.

1

GENTLY DRAW OUT THE DETAILS

If your child gives few details, use open-ended questions or prompts to help him or her open up.

- Are there places at school you don't like to go on your own?
- Tell me about a time someone hurt you or made you feel sad.
- Which friends do you like to be with?
- Who do you not like to be with?

2

MAKE IT LESS PERSONAL

Ask "what if" questions if your child doesn't want to talk about his or her situation. Ask: What would you do if someone:

- Hurt your friend and said he'd do it again if your friend told on him?
- Tease a friend and wouldn't stop?
- Spread rumors or told lies about your friend?

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