

TALKING TO YOUR KIDS ABOUT BULLYING

The most effective parents are the ones who actively *listen*. These parents (and caretakers) ask every day about how school went and openly discuss troubling issues.

Here are some ideas to help with a bullying or harassment incident.

ASK QUESTIONS ABOUT SCHOOL THAT CAN FACILITATE A DISCUSSION.

- “When kids want to be mean at your school, what kinds of things do they do?”
- “What does the teacher do when this is happening? What does the teacher say?”
- “Are some kids more secret about how they are mean to others? What kinds of things do they do?”
- “Can friends be mean to each other? How?”
- “Have you ever seen a kid act mean to another kid? What did you think when you saw this?”

When your child shares his/her experience at school, take pride in the fact that your child trusts you. *Only half of the youth who experience bullying and bias-based harassment feel safe going to their families for help.*

LISTEN INTENTLY AND SUPPORT YOUR CHILD.

Make comments and questions supportive, not blaming.

- “I’m really sorry to hear this. What do you think you want to do next?”
- “Do you want me to talk to the teacher?”
- “When did this start? When does it happen? Is there anything that you can do to make it stop?”
- “What can I do to help?”

What greater gift can we give our youth than the chance to speak their truths and our ability as adults to listen? Ask your child; “How was school today?”