



Adults Information

It is very important for the child who is being bullied that they are supported and believed. Whatever is going on they need to know that they can talk and be helped. It will have taken a lot of effort to start talking about it and they need to feel that it is alright.

Listen and try to gain an understanding of how your child is. There maybe some things you can do to ease their burden, for example: help them find other friends, teach them phrases to use if the bully comes near them, making sure they can always talk to you and that they are not alone.

Stay calm and don't panic. As long as your child is talking to you can help them. Never under estimate how much you will help by simply listening.

If it is happening in school, it will be important to talk to the teacher:

1. Write to the teacher explaining what has happened and ask for a meeting as soon as possible.
2. Tell your story calmly (write it down if that helps) and ask for a copy of the school's bullying policy.
3. Ask what will be done and to be kept informed.
4. Follow up by asking for a second meeting, if things are not going well for your child.
5. Work with the school to help your child.

For more information on Bullying visit us at

www.ResolvingBooks.com