

## STOP VIOLENCE AGAINST CHILDREN! BULLYING – WHAT YOU CAN DO

### PARENTS

- Do not ask your children “why didn’t you defend yourself?” when bullied
- Do not ask your children to fight back physically
- Do not tell your children “don’t worry”
- Do not ask a lot of questions about what has happened
- Listen actively
- Assure your children that it is the bully who has the problems, not the victim
- Discuss what are the options of action: silent action, use humour, or firm action
- If the condition worsens, make an appointment with the school
- When meeting with the school, avoid blaming any party
- Educate your child positively
- Encourage your children to have friends in school

### TEACHERS

- Understand that the parents are under pressure
- Get the full story from the victim, do not interrogate them
- Show that the school understands and will take action as soon as possible
- Get ready to take immediate action if the victim is in danger
- Reinforce the school’s policy on bully prevention
- Avoid blaming the bully’s attitude, reinforce the positive aspects of the bullies

### STUDENTS

- Remember that you are not the problem, the bully is
- You have the right to feel safe and secure
- Instead of ignoring the bully, tell them to stop and walk away whenever it starts
- Always tell an adult you can trust. You have the right to be safe and adults can do the things to get the bullying stopped
- Even if you think you’ve solved the problem on your own, tell an adult anyway in case it happens again
- An adult could be anybody you can trust or feel comfortable talking to. If you find it difficult to talk about being bullied, you might find it easier to write down what’s been happening to you and give it to an adult you trust
- If you see a bullying incident happening, do you not keep quiet. Instead, tell an adult about what you witnessed
- You are not wrong to report a bullying incident
- If you witness a very serious bullying incident, report to the nearest adult