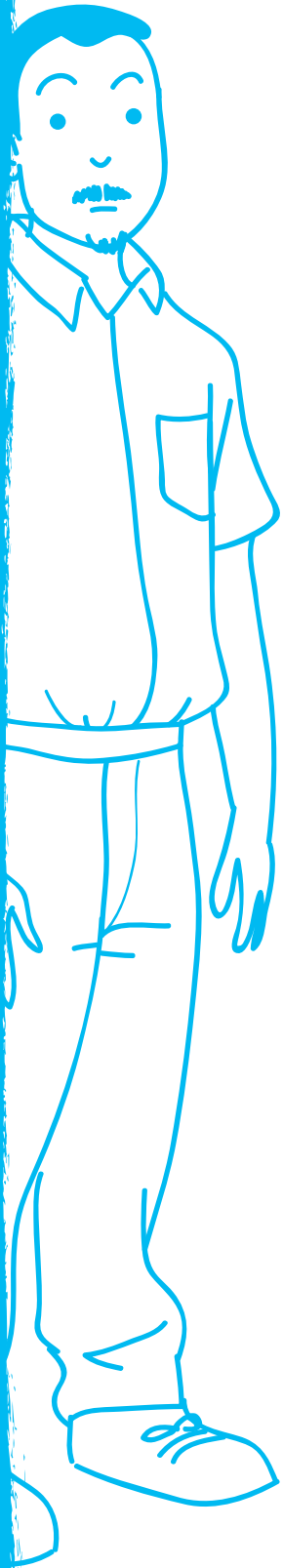


# HOW TO COPE WITH BULLYING

## AS PARENTS



- 1 Do not ask your children **Why didn't you defend yourself?** when bullied
- 2 Do not ask your children to **fight back physically**
- 3 Do not tell your children **Don't worry!**
- 4 Discuss what are the options of action:
  1. Silent action
  2. Use humour, or
  3. Firm action
- 5 Assure your children that it is the **bully who has the problems**, not the victim
- 6 Do not ask a **lot of questions** about what has happened
- 7 Educate your child **positively**
- 8 If the condition worsens, **make an appointment** with the school
- 9 When meeting with the school, **avoid blaming any party**
- 10 Listen actively
- 11 Encourage your children to **have friends in school**

SOURCE FROM:



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