

8 TIPS FOR PARENTS OF CHILDREN WHO MIGHT BE BULLYING OTHERS.

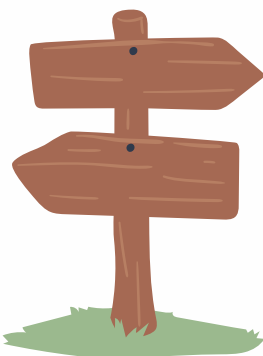
1. Help Them Understand

Explain to your child what bullying is: A repetitive, intentional hurting where there is an imbalance of power. Also emphasise that bullying is a behaviour, not an identity. Avoid labelling them as a “bully.”



2. Communicate Openly

Create a safe space for your child to talk to you. Ask open-ended questions to understand their feelings and actions. Ensure they know they can talk to you or another trusted adult about any worries they have.



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3. Model Respectful Behaviour

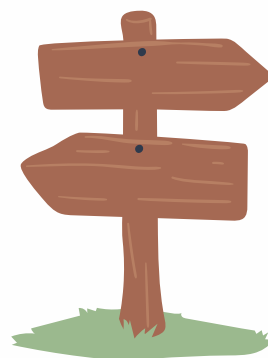
Demonstrate kindness, empathy, and respect in your own behaviour. Make it clear as a family that hurtful language or actions are unacceptable.



4. Encourage Accountability

Help your child reflect on their actions and understand the impact on others.

Support them in taking responsibility for their behaviour and making amends.



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5. Address External Influences

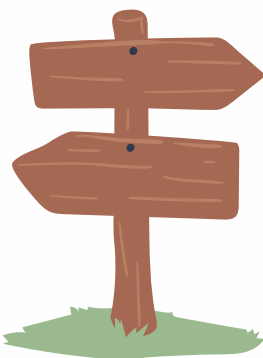
Discuss peer pressure and teach them to resist the encouragement from peers to hurt others.

Monitor their online activity and educate them about responsible use of social media.



6. Investigate Underlying Issues

Find out if there are any factors contributing to the behaviour, such as difficulties at school, bullying they may have experienced, or low self-esteem.



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7. Collaborate With The School

Engage with school staff to develop a consistent approach to addressing the behaviour.

Stay open to feedback and be proactive in supporting solutions.



8. Promote Empathy

Use opportunities like stories, role play, or discussions to build empathy.

Encourage them to consider how their actions affect others.

