SUP RESOURCE

TALKING WITH YOUR CHILD WHO HAS BEEN BULLIED

How you respond in the first conversation can shape whether your child keeps opening up — or decides to handle things alone. The single most important thing you can do is **listen before you act.**

The Three Levels of Support

Think of your support as a ladder. Always start at the bottom rung, and only climb when your child is ready.

1 Just Listen

Be present. Resist the urge to fix, advise, or act. Your child needs to feel heard before they can receive help. Put your phone away and let them finish.



2 Listen + Give Advice

Once they feel heard, gently offer your own thoughts or experience — not as instructions, but as connection. "That sounds really hard. Something similar happened to me once…"



3 Listen + Problem-Solve Together

Only now talk through what might help — with your child, not for them. "What do you think might make things better? What would you like to happen?"

