

Bullying SUPPORT GUIDE for Parents



THE
STAND UP
PROJECT
STAND UP FOR ACTION

Supporting A BULLIED CHILD

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I can see you're upset about what happened at school today - I would be too.

We can talk to the school together if you want, or maybe there's something else you'd prefer we do first?

I'd love to hear your ideas about what feels best for you.

FOR A CHILD WHO WAS
TREATED MEANLY



Supporting A CHILD WHO BULLIES

“

Sometimes we might act in ways that don't match how we want to be seen.

When you think about how you treated [name], does that match the kind of person you want to be?

How do you feel about it now?

A CHILD THAT TREATED
OTHERS MEANLY



THE 9 DOs



Understand what bullying IS and ISN'T



Work with teachers



Value home conversations



Listen and support your child



Acknowledge information limitations



Empathise with other parents



Avoid using labels



Strengthen relationships



Advocate for anti-bullying programs at school

THE 6 DON'Ts



Don't ignore your child or tell them to toughen up



Don't encourage retaliation



Don't tell your child to ignore the bully



Don't approach other parent demanding answers



Don't send rude or threatening emails to principals or teachers*



Don't bypass your child's input or blame child

*Advocating for your child is important, but you're likely to achieve better outcomes by remaining professional and polite.