

Newsletter Item 7

Aim: To provide strategies for families to teach their children how to respond if they are being bullied at school

Talking With Your Children About Being Bullied

Many children who are bullied do not tell a trusted adult because they think doing so would be tattling.

Tattling is when a person deliberately tries to get attention or get someone else into trouble.

Asking for help is when someone feels the situation is out of his or her control and he or she is unable to deal with it alone. If anyone sees someone else in this situation, he or she should also ask for help.

What are students being taught at school to help them deal with bullying situations?

All students at our school are being taught that when they have problems they can:

- Try to stand up for themselves in a positive way
- Try to talk with the person they are having a problem with
- Walk away and ignore the person completely
- Get help from a teacher or another person they trust
- Ignore the situation and keep playing or working
- Talk to a friend to get some ideas to help them make a decision
- Try coming to an agreement with the other person

You can reinforce these messages by discussing them with your children at home.