



Your child is bullied at school. What should be done?

Pay attention to yourself and try to calm down. Unnecessary emotions are a bad helper in solving problems.

1.1. Name your emotions: anger, anxiety, despair, helplessness and others.

1.2. Try to express them:

You can cope with anger with physical exercises, walks.

Anxiety goes down when you breathe slowly and calmly, listen to meditations, make art or do any monotonous tasks (clean-up, arranging your things will also do).

Anxiety recedes when you fantasize, think about happy memories, dream of the future.

The feeling of helplessness and confusion will decrease when you find the spheres of life that you can control right now.

1.3. Share your feelings with loved ones.

1.4. Try to treat yourself gently, kindly as if you were your best friend who has experienced something bad.

1.5. If you cannot cope with everything yourself, seek professional help

Support your child. First – support, then – all other actions.

Listen attentively, show that they are not alone with this problem anymore.

Care about their feelings (“it’s awful what has happened”). Show that what has happened is not okay (“that’s not right”).

Highlight that anyone could be a victim, it is not the child’s fault.

Discuss and judge not the person (the bully), but their actions.

Teach your child skills of confident behavior, verbal rebuff and self-defense.

Tell your child that you will do your best to solve the problem and get approval of your actions from them.

Take actions

3.1. Turn to the class teacher and tell them about the bullying, naming the particular facts (what happened, who was there, what the consequences are).

3.2. Agree on by what date the teacher will take actions to protect your child and stop bullying, and what these actions will be.

3.3. While talking to the class teacher:

Keep calm and be polite.

Call them by their name more often – it will help to better establish



understanding. Avoid judgments, insults, threats and unconstructive criticism. Start with the core of the problem: deal with facts, not emotional evaluation (“I became aware...”, “We’ve noticed that our child lately has...”).

Listen to the teacher’s answers attentively: in case of misunderstanding DO NOT jump to conclusions but ask additional questions and look for the common ground (“If I understand you correctly, you consider...”, “You have made such a point as...”, “At the meeting you were talking about...”).

Remind the teacher that you both are on the same side and you both are against bullying; highlight that you are open to having a constructive dialogue and searching for joint solutions. (“I understand that it’s difficult to admit but such a problem exists. Let’s try to find a solution to it together”; “Like you, we are interested in creating a safe environment in the group”).

If it is appropriate, offer contacts of professional organizations where the school representatives can have a consultation and learn more about dealing with bullying.

- 3.4. When the agreed period is over, ask the child and the class teacher how the situation has changed.
- 3.5. If the problem has not been solved, talk to the headmaster (the conversation can be built like with the class teacher).
- 3.6. If the problem has not been solved, address higher organizations or law enforcement authorities and use legal algorithms:

File a complaint about the school’s inaction to the ministry of education. The complaint can also be filed in electronic form via the website of the relevant department, there is a special form for citizens’ appeals.

If due to the bullying serious harm to health (for example, bruises, fractures) or to possession (for example, the smartphone has been smashed or stolen) was done, record the facts (for example, get a medical statement in a health facility) and file a police report. To the report you can attach the evidence that you have: medical statements, chat screenshots, video and audio materials and others.

Take your child from school for a while.

If you do not succeed in solving the situation independently – address our specialists.

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