



### **YOUR CHILD IS BULLIED AT SCHOOL. WHAT TO DO AND HOW TO SUPPORT HIM?**

#### **I. At first, focus on your own feelings and try to calm down. Excessive emotions are of no help in problem solving.**

Share your worries with people you trust, talk to them about your feelings, clarify to yourself the reasons for these feelings.

Physical exercises and walks are of great help to cope with anger.

Anxiety decreases when you slowly and calmly breathe, listen to the music for meditation, engage in creative activities or any other kind of repetitive work (cleaning the house or organizing things will do as well).

Despair ceases when you start fantasizing, reminiscing about happy moments, dreaming about the future.

The feelings of helplessness and confusion will be lessened when you find those spheres in life which you can control right now.

If you cannot cope with emotions on your own, reach out to professional help.

#### **II. With a calm state of mind proceed to support your child.**

1. Listen to the child carefully, show them that they are not alone with the problem, that you are with them. It will give the child



the feelings of warmth and care, enhance the child-victim's self-esteem and self-worth.

2. Show them that you share their emotions («What happened is horrible»), show them that the situation is abnormal («It must not be like this»), tell your child that you'll put every effort into solving the problem.

3. Make a point of explaining to your child that anyone can become a victim of bullying, and that the problem isn't them but the aggressor. Sometimes the offender wants to raise their status using «unhealthy» methods by humiliating others or offloading their personal resentments on them. Sometimes it's a kind of entertainment for aggressors, who know no other way.

4. Explain to your child that aggressors expect a certain reaction from the victim. And if the child displays calmness, they will back off, not having received the desired result.

5. Rehearse some possible variants of confronting the aggressors:

- Leave when there is a physical danger.
- Tell adults about what happened straight away (headteacher, other teachers, school counselor, head of the department, school principal).
- Stay confident with your chin up high while talking to the aggressor, keep a medium distance between you and the other person, look them straight into the eye without making any brisk gestures.
- Say: «No», «I don't like it», «I don't allow you to talk to me in such a way».

6. Tell your child what you are planning to do to solve the problem. Confirm that you will discuss all your actions together.



### **III. Having taken care of your own emotions and supported the child, it's time to reach out to school and discuss the possible mutual ways to stop the bullying.**

1. Reach out to the headteacher and tell them about bullying, mentioning actual facts.
2. Agree on the time for the headteacher to take measures to protect your child and stop the bullying, discuss what measures should they be.
3. When the negotiated time comes to an end, ask the child and the headteacher about achieved results.
4. Suggest to school joining one of the anti-bullying programs

Bullying can be stopped when school, family and the whole society work together on solving the problem, and when each makes a contribution to the solution!

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

**E-MAIL: [INCLUDE@GRAINSOFGOOD.COM](mailto:INCLUDE@GRAINSOFGOOD.COM)**