



### HOW TO TALK WITH THE TEACHER ABOUT BULLYING?

**You have learnt that your child is being bullied at school and decided to message it to the class teacher.** How to build a dialogue so that the teacher will listen to you? How to persuade them that the problem does exist?

**Ensure that the situation your child ended in is indeed bullying** (systematic, aimed harming, uniting “everyone against the one”), not a conflict (disagreement between equal opponents “one-on-one”) - to read more about the signs of bullying, go to our check-list “Conflict or Bullying?”

**Enumerate several details:** describe what was happening, where and when, who was present. Having enumerated the facts, conclude by the following: This is bullying because it happens repeatedly; the same children become victims, while the others are always in the role of aggressors; children who have suffered bullying, feel bad and scared.

**Whenever possible, ensure the support of the witnesses** (“this can be proved by...”) and the evidence (damaged possessions, screenshots of chats, audio and video messages).

**Choose the time that would be convenient for everyone** and arrange a meeting with the teacher in advance. The important talk should not be conducted spontaneously.



**During the dialogue, remain calm and act polite**, address the teacher by the first name - this would help to establish the contact better.

**Begin with the essence of the problem immediately.** Use facts, not emotional estimates. It can be said: "I got to know that...", "We have noticed that the child recently..."

**Listen attentively to everything that the teacher will say.** Ask what they are going to undertake, offer your help. Use the phrases: "I understand your interest", "I respect your opinion...", "I am sure that with your experience you will solve this problem."

**In case of misunderstanding, never make a hasty conclusion.** Ask clarifying questions and search for the common ground: "If I got your point correctly, you mean...", "You have been delivering your opinion as...", "During the meeting you were talking about..."

**If the teacher is denying the problem, probably**, they are afraid of the accusation or disapproval. Remind them that you are in the same boat and aimed at the constructive outcome of the situation and the search of team decisions: "I understand that it is hard to accept, but the problem exists. Let's try to solve it together"; "We are interested in the safe surroundings in class just as you are"; "We are ready to be in charge of..., and you (the school)..."

**Highlight that bullying is a problem of the whole class** and it must be solved by the cooperation of "parents - teachers - administration". You can offer to organize a general meeting with the headmaster and other parents to the teacher and also use the methodical material of the antibullying program.

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

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