

Talking to Your Child about Bullying – At School, at Home and in the Neighborhood

It is important to talk with your child about hard things, like bullying. It can happen at school, at home and where you live. As a parent, being there to listen to your child helps them feel safe and supported. It can also help them feel they can better deal with a bullying situation.

To talk to your child about bullying, you can start with saying:

- Tell me about your day.
- Who did you eat lunch with today?
- Are there places at school where you do not feel safe?

If your child has been bullied or has seen it, stay calm and listen to them. Find a quiet place to talk. You can say things like:

- Thank you for telling me.
- I am here to help you.
- We can figure this out together.

If your child is being bullied where you live, you can take steps to help:

- Keep track of when bullying happens.
- Ask your neighbors if they have seen any bullying.
- Set neighborhood consequences for bullying behaviors.

You can set a good example with showing empathy and kindness at home. Talking to your child about bullying is not a one-time thing. Keep talking with them. If you need help, reach out to a doctor or family counselor.

