

What Should I Do if My Child Is Bullying Others?

It is important to step in and help your child change their behavior if they are bullying other kids.

What bullying can look like:

Bullying is an aggressive behavior that is done on purpose. It can look like:

- Fighting, pushing or kicking.
- Teasing or name-calling.
- **Social bullying** can involve not letting someone join a group or spreading rumors.
- **Cyberbullying** uses technology, like video games or apps on devices, to bully someone.

Reasons a child might bully others:

- To get attention at home or at school.
- They have been bullied too.
- To copy friends or siblings who bully.
- To feel they are in control.

There are steps you can take to figure out why your child is bullying others. First, accept that the behavior is going on. Ask open-ended questions like, "What was going on when you did this?" Let them know that bullying is **never** okay.

To stop your child from bullying others you can:

- Teach them to understand how others feel.
- Build up how they feel about themselves.
- Model good behavior.
- Talk with them about what they are feeling.
- Listen to their ideas. If they come up with something that could help, act as soon as you can.

Your child might want to talk to someone other than you for help. You can look for help at school from teachers, counselors or staff. Community members like faith-based leaders, other parents or community leaders might be able to help.

You can seek help from mental health professionals, such as therapists, counselors and providers. Your child's primary care provider is a good place to start.

Be patient and make sure you and your child take bullying seriously.

