## What to do if your child is bullying

It's hard for any parent to believe that their child is bullying another child, but sometimes it happens. Finding this out can bring up strong feelings that may stop you being able to think clearly.

## Keep CALM:

Control your thoughts and your actions Assess and decide if you are too upset to continue talking Leave the situation if you are feeling too angry or upset Make a plan to deal with the situation within 24 hours

## Key actions

Focus on solutions rather than problems Talk calmly and clearly with your child.

Encourage problem solving/thinking Help your child to identify exactly what he or she did and to be accountable and responsive by saying sorry and finding a way forward.

Support the school policy Ask the school, "What can I do from home to help?" Stay in touch with the school and hear how your child is doing. Call back regularly. That sounds like a difficult situation

Whatever happened, I'm going to help you get through this. I need you to know that bullying is unacceptable, and it must stop.

So, what do you think would have been a better way to handle that?

If the situation seems serious, seek professional help promptly

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