



My child bullies others. What must I do?

- If you're told that your child's bullying others, stay calm! Don't immediately dismiss the idea ('What? My John? Never!') or rush into punishing them severely. Try not to call them a 'bully' – a label can stick.
- Your child's not a monster! When you talk, stay calm and remind them that you love *them* – it's the *behaviour* that you don't like or approve of.
- Listen to what they have to say. Be clear that you consider bullying to be wrong whatever the circumstances.
- Talk to them about how the other person might feel – they may see what they're doing as 'a bit of fun' and not realise how much they're hurting, frightening or upsetting the other person.
- If an accusation of bullying has come from the school (or from the parent of a pupil at the school) arrange to talk to your child's Tutor, or someone they trust at the school, in order to sort out the facts of the matter. It's important that your child accompanies you.
- Stay calm and listen to what the Tutor has to say. Make a plan to support your child in changing their behaviour which both you and the school will contribute to.
- You'll need to consider the reasons why your child's using bullying behaviour. This may involve taking a close look at your own behaviour or that of other members of the family. Ask yourself:
 - are you a good role-model in treating others with respect – including your children?
 - are any other family members using threatening, aggressive or bullying behaviour towards your child which they're copying in school?
- Talk to your child about why they're choosing to use bullying behaviour – they may not be able to explain, but the conversation might give you an insight into their behaviour and some ideas for how to change it.
- Be clear that you will not tolerate aggressive and bullying behaviour, and what punishments will follow if they continue to do so, as well as how they'll be rewarded when they behave differently.
- Help your child to develop confidence and build their self-esteem by making it clear that you love and value them.