

What to do when your child is the bully

1. Communicate

- > If you find your child may be a bully, start by talking to them in an open and direct manner.
- > Give your child space to explain the situation and how they feel about it



2. Cope ahead

- > Tailor your response to the specific challenges your child faces in social interactions
- > Encourage your child to take the perspective of the bullied



3. Look inward

- > Think about how your behaviours at home might influence your kids
- > Foster a positive home environment where members of the family treat each other with kindness and respect



4. Provide meaningful consequences

- > Punishments for bullying behaviour can be effective but should be meaningful and limited in scope
- > For example; if a teen is engaging in cyberbullying, they should lose their Internet or phone privileges, to be earned back over time



5. Make it right

- > Once the child has regained their privileges, explain they made a mistake that needs to be fixed
- > Encourage the child to make amends – whether through an apology or other methods



6. Monitor the situation

- > If another parent approaches you about your child's bullying, notify teachers immediately so they can be on the lookout for problematic behaviour
- > If a child has engaged in cyberbullying behaviour, regularly check their social media accounts transparently until they prove they no longer engage in such behaviour



7. Seek help

- > If you are consistently working on this issue with your child and the bullying does not stop, seek a mental health evaluation for your child.



8. Stay connected

- > Build an open channel of communication with your child about their day-to-day life so you can better recognise signs of bullying

