

Bullying: How to Best Support your Child

From Pacer National Bullying Prevention Center

Listen

It's their story; let them tell it. They may be in emotional pain about the way they are being treated.

Be Supportive

Tell them it's not their fault and that they don't deserve to be bullied. Empower your child by highlighting one of their strengths.

Believe

Knowing that your child is being bullied can raise many emotions. To be an effective advocate, parents need to react in a way that encourages their child to trust them.

Explore options

Parents can discuss solutions with their youth to address bullying behavior.

Be Patient

Your child may not be ready to open up right away. They could be afraid of retaliation from the bully or think that, even if they tell an adult, nothing will change. It is common for them to feel insecure, withdrawn, frightened, or ashamed.