

# Is your child being bullied?

START



1: I suspect my child is being bullied

STAY CALM

C: Take your child seriously. **Assure them that the problem does not lie with them** and discuss possible options with them

A: My child told me that he/she is being bullied

D: **Involve the school and discuss their anti-bully policy.** Keep record of communication and incidence.

Situation improves



E: Focus on the healing of your child and work on skills such as self-esteem that would prevent future incidences. **Keep monitoring the situation and be on the lookout for warning signs.**

Situation improves

Situation improves

Situation does not improve



F: Follow up with the school and work out an individualised intervention plan on which they should commit. **In the meantime support your child by working on skills like self-confidence and self-defence.** Support should be organised for both your child and the bully.

Situation does not improve

G: **Involve the bully's parents** and preferably use a mediator.

Situation does not improve

I: This would be a good time to assess if your child is strong enough to live with the situation or if your child should rather be removed from the unsupportive environment.



3: Take your concerns seriously and investigate it by having a conversation with your child

5: My child did not want to talk to me about this

6: Try to remove possible fears that would keep your child from discussing this with you

8: My child still did not open up, but I am still worried

7: Get someone that **you both trust** to have the conversation with your child

My child still didn't open up

9: **Share your concern with a teacher** and ask them to let you know if they notice anything



10: **Follow up with your child's teacher** to get feedback

11: The teacher did not notice anything but the warning signs persist

12: Get your child some support in the form of counselling to get to the core of what is troubling your child. Work hard on creating an open and trusting relationship between you and your child