

TIPS FOR PARENTS

How can you help your child?



TALKING WITH YOUR CHILDREN ABOUT BEING BULLIED

Just over 60% of children who were bullied in Western Australian schools reported they told someone after they were bullied. This means almost 40% of children who were bullied told no-one. Children often think that talking about a bullying incident is like ‘dobbing’ on one another.

‘Dobbing’ is when a person tries to get attention or to get someone else into trouble.

‘Asking for help’ is when someone feels the situation is out of their control and they are unable to deal with it alone. If anyone sees someone else in this situation they should also ask for help.

What are children learning to do at school if they are bullied?

Children of all ages at our school are being taught through the classroom curriculum that: When I have a problem I can:

- Try to stand up for myself in a positive way;
- Try to talk with the person I am having a problem with;
- Walk away and ignore the person completely;
- Get help from a teacher or another person I trust;
- Ignore the situation and keep playing or working;
- Talk to a friend to get some ideas to help me make a decision; or
- Try coming to an agreement with the other person.

You can reinforce these messages by discussing them with your children at home.