

TIPS FOR PARENTS

How can you help your child?



TALKING WITH YOUR CHILDREN ABOUT BYSTANDERS

Bullying involves more than the students who are bullied and those who bully others. Ninety-one per cent of children (in primary school) report having witnessed/seen bullying occurring. Bullying often continues because people who are involved do not talk about it and seek help. This includes people who observe bullying – the bystanders.

A bystander is someone who sees the bullying or knows that it is happening to someone else.

What can Bystanders do?

If children see another child being bullied they could:

- Ask a teacher or support person for help;
- Let the person doing the bullying know that what they are doing is bullying;
- Refuse to join in with the bullying and walk away;
- Support the student who is being bullied; and
- Support their friends and protect them from bullying by being there for them (children who are alone are more likely to be the target of bullying, so encourage your children to be aware of children who are left out or on their own in the playground).