

# TALK TIPS

## How to Help Your Child Handle a Bully!

It can be absolutely heartbreaking to learn that your child is a victim of bullying. Unfortunately, it is commonplace for children to encounter bullying incidents while growing up. Although it isn't a new phenomenon, it is one that needs to be addressed when it occurs.

The following guidelines will support you in helping your child handle a bully.

1. Listen - Take your child seriously when they claim they have been bullied. Let them tell their story and listen with compassion. No matter how insignificant you think the incident is, it is meaningful to them.
2. Assess the seriousness of the incident. Gather all the facts and see what next steps are warranted.
3. Encourage them to uncover some solutions in addressing the problem.
4. Brainstorm solutions together. Offer suggestions if your child is too distressed or having a hard time coming up with their own suggestions.

- \* Learn to stand up for self. Strong body language, use their voice, set a boundary for themselves of what is and isn't appropriate.
- \* Reach out to other friends.
- \* Cultivate new friendships. Invite new kids over to hang out at their house.
- \* Tell an adult at school.
- \* Find a sense of humor in rude comments to lessen the effect. Use humor as a means to let a bully know they aren't "getting" to them.
- \* Remind them that bullying is more about the bully attempting to gain power or control, climb the social ladder, or deal with inadequacies or insecurities.

5. Stay in tuned with your child's social world.

6. Monitor internet and cell phone texts. Be sure you are aware of what is happening online since a lot of bullying occurs in the cyber world.

7. Teach them compassion for the bully. Happy people typically don't bully and harass others!

8. Create a safe and loving home for your child to rejuvenate and feel valued.

9. Love them up! Consistently express your love and support for your child.

