

No parents want to see their child become a bully or a bullying victim. Early detection and prompt intervention can help solve the problem.

What is bullying ?

Generally speaking, bullying is defined as a deliberate, aggressive, hurtful act that is often repeated over time and is difficult to defend against. Bullying is a serious behavioural problem requiring immediate attention and prompt intervention.

Signs of bullying

The following signs and behaviour may indicate that your child is a bullying victim :

- Returns home from school with a torn or dishevelled uniform, damaged books or injuries that cannot be given a natural explanation.
- Rarely brings friends home, attends social gatherings or initiates social contact with classmates.
- Appears afraid and reluctant to go to school.
- Requests a parent's company when going to school.
- Changes usual route or means of going to school.
- Displays signs of emotional disturbance such as weeping, restless sleep or nightmares.
- Requests or steals money from family.

The following signs and behaviour may indicate that your child is a bully :

- Likes to manipulate and control others.
- Enjoys picking on others.

- Appears hot-tempered, impulsive and easily provoked.
- Gangs up with others to feel more powerful.
- Possesses things or money from an unexplained source.
- Bullies siblings.

What you can do to stop bullying

- Spend time with and talk to your child.
- Encourage your child to tell you the truth.
- Listen to your child patiently.
- Keep calm and be a mature role model.
- Should not tolerate, emphasise that bullying must be stopped at once.
- Teach your child the consequences of bullying.
- Demonstrate that you will solve the problem together with your child.
- Contact teachers or social workers to clarify the situation.
- Co-operate and collaborate with the school to solve the problem and monitor progress.
- Seek professional assistance if necessary.

What you can do to prevent bullying

- Communicate with your child and build a good parent-child relationship.
- Get to know your child's school life, in particular peer relationship.
- Get to know your child's friends.
- Keep close contact with the school.
- Teach your child that bullying is totally unacceptable.
- Encourage your child to seek help from you and teachers if being bullied.
- Teach your child to report to teachers any bullying incident.
- Create a harmonious family atmosphere, and set an example by being rational, peaceful and empathetic in handling emotions and resolving conflicts.

*For more details, please visit the EDB website www.edb.gov.hk
For enquires, please call the EDB hotline 2891 0088 to contact the respective Regional Education Office.*



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