

Handling Tips

If your child has been / is being bullied, you can

1. Listen and Understand
 - Guide your child to voice out his / her problems and avoid pressing your child into telling the issue if he / she is not ready.
 - If your child takes the initiative to talk to you about a bullying he / she encounters, praise him / her for his/ her courage.
 - Listen carefully. Don't respond too fast before you get enough information to understand the whole issue.
 - Understand the methods your child has ever used in solving the problem.
 - While listening to your child, consider the following:
 - Does your child need help
 - What should be done to stop the child from being bullied
 - What action can be taken
 - How can you seek help
2. Help and Encourage
 - Discuss with your child the causes of the problem
 - Help your child find out workable solutions and encourage him / her
 - If he / she is being bullied:
 - Try to avoid people who have ever bullied him / her
 - Ignore the bullies' words, making the bullies feel snubbed and then they would stop the behaviour
 - Seek help from parents / teachers immediately when encountering serious bullying behaviours (e.g. those with violence)
 - Encourage your child to tell the bullying incidents to relevant adults (e.g. principals, teachers, social workers, the police, etc.)
 - Help your child understand that reporting can help protect the school and the safety of others.

If your child has witnessed bullying

Many students, who have witnessed bullying, are not willing to talk about or report the bullying incidents to their parents or teachers. They think that intervention in the issue may result in:

- Being considered as the informer or sneak, becoming a victim of bullying out of revenge
- Making the bullying situation worse and unable to help the victims

- Being seen as meddlesome, not supported by the majority

Parents should help your child understand that bullying is indeed very harmful and affects everyone. Silence will only make the problem worse. Parents should help your child build up the tactics and courage in reporting bullying incidents. You let him / her understand that he / she has the responsibility to assist the school in building a safe learning environment with mutual respect. Parents can prepare your child with the skills and points to note in reporting bullying incidents. Parents should also be aware that in encouraging your child to report bullying incidents, you have to consider how to protect your child's safety. Thus, if necessary, parents should contact the school so that the school can early intervene and discuss the safety measures in protecting your child, who is the informant.

If your child is the bully

- Stay calm and avoid scolding your child
- Solve the issue with your child together
- cooperate with the school to find out the underlying reasons why your child bullies others and collaborate to find ways in tackling the problem
- Encourage and teach your child to apologize to the victims in order to settle the conflicts and accept each other
- Help your child understand the serious consequences of bullying and the importance of having the courage to change
- To prevent bullying behaviours of your child from happening again, parents can:
 - Help your child understand himself / herself and establish his / her own self worth
 - Help your child respect the individual differences and accept that every person is unique
 - Help your child develop empathy in understanding the feelings of the victims
 - Help your child find appropriate ways to express his / her emotions
 - If necessary, seek professional services

Home-school cooperation

- Cooperation between parents and schools is a positive way to solve the problem of bullying. However, children may have many worries regarding reporting bullying cases to the school by their parents. They will think that this is going to make the situation worse. Parents can:
 - Tell your child that you understand his / her worries, but reporting to the school is necessary in view of their safety and interests
 - Help your child understand that reporting can help protect the school and the

safety of others

- Share / discuss your plan with your child so that he / she will know the development of the issue so as to cease his / her worries
- When encountering bullying, relevant school staff such as the principal, teachers, etc. are appropriate persons for parents to take the initiative to approach. When solving problems, the following are areas that can be discussed:
 - Options in protecting the safety of your child (e.g. the identity and privacy of your child, how to prevent him / her from being taken revenge on)
 - Understand the anti-bullying policy, procedures and safety regulations of the school, etc.
 - How parents can cooperate with the school so that the issue can be dealt with smoothly
 - Support and services that the school or the community can provide (e.g. the emotional or psychological assistance that your child needs)