

Nurturing Your Child

As parents, you can help to prevent school bullying. The method:

1. To educate your child:

- How to care about others
 - Be considerate / Offer comfort / Be generous / Unconditional regards

- How to get along with others
 - Mutual respect / Mutual acceptance / Empathy

- How to manage his / her emotions like anger or fear
 - Leave the place where you are frightened or angry / Learn how to relax

- How to ease tension with a sense of humor
 - Be calm / React with wit / Laugh the problems off

- How to protect his / her right assertively without being provocative
 - Stay cool / Hold your head high / Keep faith in truths / Be neither humble nor pushy

- How to solve problems or seek help when facing a problem
 - Don't escape / Talk to someone you trust / Build up reliable interpersonal network

- How to find out the cause of a conflict when it arises
 - Be reflective / Avoid over-generalization / Find out the truth

2. Communication and Role Models

Parents are advised to communicate more with your child in daily life. This can improve parent-child relationship, nurture your child's confidence, perseverance, responsibility and humour. Parents should set good role models in their daily life. They should respect and care for the needy and the elderly. At the same time, parents need to demonstrate a positive attitude to their child when he / she faces difficulties. Parents can also teach him / her how to get along with people, care for, respect and accept others. Parents should also try to understand the school life of their child and how he / she gets along with his / her classmates from time to time and let him / her understand the way to live in harmony with others.