

The following is intended as a guide for staff who are advising parents.

Advice to Parents of the Victim

- Encourage your child to talk about the situation with you. Be patient if they are reluctant.
- Sympathise but do not over react. However, bear in mind that telling a child to ignore it may not be the best course of action.
- Assure them that something will be done.
- Explain to your child that most children are bullied at some time and there is nothing wrong with them.
- Ask if he/she can think of any way to alter the situation.
- Build up your child's confidence as much as possible by praising every effort they make to cope with the situation.

Advice to Parents of the Bully

- Discuss the situation with your child. Explain how serious the situation could become.
- Try to impress upon your child the frightening effect his/her behaviour has upon others.
- Always criticise the behaviour NOT the child.
- Explain clearly that you are working with the school to help him/her effect a change in behaviour.
- It is extremely important to repeatedly express confidence in your child's ability to change.
- Try to spend more time listening and talking to your child. Listening can be a powerful resource.
- Try to increase the child's circle of friends.