

# When Your Child Is The Bully: 5 Ways To Respond

## #1 Be a Part of The Solution

It's important that parents (of bullies or victims) do not minimize the problem. Bullying should not be dismissed as "character building" or "just part of growing up." Take it seriously and be an active part of the solution.

## #2 Share The Consequences

Talk to children about the consequences of their behaviors. Cyberbullying is very harmful to its victims, and in some cases may result in legal charges. When bullying happens online, children may not realize the impact of their actions. It's important for parents to help their children understand that the victims of online bullying are real and so are the consequences.

## #3 Make It an Adult Team Effort

Work with the other adults involved in the situation, including the parents of the victim(s) and school personnel. If appropriate, talking with the victim's family about an appropriate response to the problem may help repair some of the damage done and teach children about accountability for their behaviors.

## #4 Increase Supervision

Increase supervision of your child to ensure that he/she does not have opportunities to continue the bullying on or off-line. This may require more close supervision of their online activities, cell phone use, and communication with other parents or teachers.

## #5 Remain Vigilant

Bullying tends not to be isolated to one victim or incident. Continue to be watchful of your child's behavior over time. Praise your children when they are treating others in safe, respectful and appropriate ways.

**#BullyProofSummit**

