

Tips for Parents of Victims to Give Their Children

1. Don't react emotionally.

Assist your child in knowing who the safe people are within the school to go to when bullied. Help them practice not showing strong emotions in front of the bully. This only excites the bully more. Instead, tell them to quickly go to someone identified as safe.

2. Be assertive.

This works best if the bully is alone and not with a group of other children who will give him or her strength. If assertiveness is appropriate, tell your child to simply state that he or she does not like the bullying behavior, that it is not allowed, and that he or she intends to tell someone if it does not stop.

3. Stay with others.

Reinforce for your child that bullies are most likely to act aggressively with a child who is alone.

4. Do something unexpected.

This is especially effective if the child can turn the bullying situation into something humorous. Encourage your child's sense of humor and creative problem-solving skills.

5. Own the put-down.

Remind your child that a bully often does not know what to do or say next if the victim simply agrees with him or her.