

HOW TO COPE WITH BULLYING



AS STUDENTS

- The victim should know that fighting back is not going to solve the problem or make him feel better.
- Remember that you are not the problem, the bully is.
- You have the right to feel safe and secure.
- Instead of ignoring the bully, tell him to stop. Then walk away.
- Always tell an adult you can trust (Even if you think you've solved the problem on your own).
- If you find it difficult to talk about what happened, write it down and give it to an adult you trust.
- If you see somebody being bullied, report to the nearest adult.



AS PARENTS

- Do not ask, "Why didn't you defend yourself?"
- Do not ask him to fight back.
- Do not tell him, "Don't worry."
- Do not ask a lot of questions. Try to listen more.
- Assure him that it is the bully who has problems, not the victim.
- Offer your child some options if he's confronted by a bully, laugh it off, or confidently tell the bully to stop and walk away.
- If the bullying continues, talk to the school counsellor.
- When meeting with the school, avoid blaming any party.
- Encourage your child to have a positive outlook.
- Encourage your child to have friends in school.



AS TEACHERS

- Understand that the parents are under pressure.
- Get the full story from the victim; do not question him like an investigator.
- Explain that the school understands and will take action as soon as possible.
- Get ready to take immediate action if the victim is in danger.
- Explain the school's policy on bully prevention.
- Avoid blaming the bully's attitude; emphasise the positive aspects of the bully.