

Tips for Talking to Children About Bullying & Harassment

This topic is an especially important one to discuss with children because bullies can cause emotional wounds that may make a child feel worthless and afraid.

Here are some tips about bullying that you can reinforce through discussion of this topic with a child:

- ❖ Support the child and become involved whenever possible. When an adult can't be present, it's important that the child know to avoid conflicts by using self-control, negotiating, listening to the other side, compromising, walking away and knowing how to have a simple discussion.
- ❖ Inform the child that victims of bullying are not to blame and bullying is wrong. Encourage a child to report problems to you, to teachers, and to other trusted adults.
- ❖ Remind the child that it is smart to avoid bullies. It is okay to walk or even run away from the incident and get help. Avoid fighting.
- ❖ If confrontation can't be avoided, encourage a child to have a discussion instead of getting physical, remain calm and ignore insults.
- ❖ Children can also try to divert the bully's attention; be firm and tell him or her to stop; ask why he or she is bothering them. A child can try using humor or sympathy: "I'm sorry to see you so angry" or "Did I do something to upset you?"

Thank you for helping children to be bully and harassment free!



24 Hour Hotline: 724-836-1122

Toll-free: 1-888-832-2272

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