

What to do if you suspect that your child is being bullied?

Talk with your child to learn more. Here are some questions that can get the discussion going:

Some subtle questions:

- "Do you have any special friends at school this year? Who are they? Who do you hang out with? Who do you sit with at lunch and on the bus?"
- "Are there any kids at school who you really don't like? Why don't you like them? Do they ever pick on you or leave you out of things?"
- What are the times at school when you feel happiest? What about bored? What about sad? What about scared?

Some direct questions if you suspect bullying is occurring:

- "Are there any kids at school who tease you in a mean way?"
- "Are there any kids at school who leave you out or exclude you on purpose?"

Contact your teachers or the school counselors right away if you have concerns about your child being bullied or if you suspect your child is bullying others. There is NO shame in either when you take action to work on the situation.

RESOURCES FOR PARENTS AND FAMILIES

STOP BULLYING

<http://www.stopbullying.gov/>:

Wonderful interactive resource for parents, teachers and children.

NYC HOTLINE

For students who believe they are being bullied and want to speak with a counselor. [212-709-3222](tel:212-709-3222).

We can teach our children to be resilient, confident young people who are able to navigate the world around them. While some kids need more guidance than others, as parents and educators we can all be a part of the solution.

REMEMBER – YOU DO NOT HAVE TO DO THIS ALONE.

No Bully Zone

A Family information sheet on how to identify and stop bullying

The Children's School is a partner in creating a bully free environment for our children.

Learn more about what you can do to keep our children happy and safe