

Newsletter Item 2

Aim: To encourage families to help to create a supportive school culture
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 **Families’ role in creating a supportive school culture**

Research demonstrates that efforts to change the attitudes and behaviour of students are more likely to be successful if families are actively involved and share a sense of ownership over the process.

What can you do to help reduce bullying in our school?

• Talk regularly with your children about bullying

• Encourage your children to ask for help if they are being bullied at school

• If your children are fighting at home, help them discuss their problem and come to a mutual solution

• Encourage your children to be assertive by helping them to practise speaking in a firm but friendly way, making eye contact, looking calm, smiling and feeling good about themselves