

Newsletter Item 7

Aim: To provide strategies for families to teach their children how to respond if they are being bullied at school

Talking with your children about being bullied

Many children who are bullied do not tell a trusted adult, as they think they are dobbing.

**‘Dobbing’** is when a person deliberately tries to get attention or to get someone else into trouble.

‘Asking for help’ is when someone feels the situation is out of his/her control and he/she is unable to deal

**What are students being taught at school to help them deal with bullying situations?**

All students at our school are being taught that:

When I have a problem I can:

• Try to stand up for myself in a positive way

• Try to talk with the person I am having a problem with

• Walk away and ignore the person completely

• Get help from a teacher or another person I trust

• Ignore the situation and keep playing or working

• Talk to a friend to get some ideas to help me make a decision or

• Try coming to an agreement with the other person

You can reinforce these messages by discussing them with your children at home.