



## How to provide support to a bullying victim

Parents and teachers play a vital role in supporting children who are being bullied and preventing further bullying incidents. It's usually children with more power - meaning they are bigger, stronger or more popular - that choose smaller, weaker children to bully. The victim isn't capable of dealing with the situation by themselves and that's where you come in.

When a child tells you they are being bullied;

1. Always take them seriously. Never tell a child to just "ignore" the bullies or that this is part of growing up and building character. Bullying is very destructive to a child's self esteem and often gets worse when no action is taken.
2. Never blame the child for what has happened - even if they "provoked" the bully, no one deserves to be bullied.
3. If you're a parent and your child is being bullied at school, report the bullying and follow up with teachers to ensure action is being taken. Never approach the bully or their parents yourself.
4. Teachers, if you see bullying happening or a student reports an incident to you, go and intervene immediately. It's important that bullies get the message that their behaviour is not ok.
5. If you're a school counsellor, be very careful about breaking the confidence of a victim. If a student confides in you but they don't want you to take action, respect their choice and give them some tools to help them resolve the situation for themselves. Role playing different scenarios can be helpful. (\*There are times when it is appropriate to break confidentiality, for example, if you're worried about the child's safety.)

In the next video, what's the best way to deal with a bully?

**#STAND  
TOGETHER**