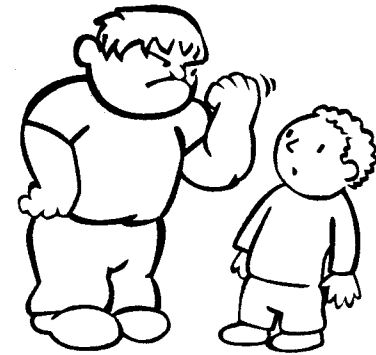


What if  
Your Child  
*IS* the Bully?



By Kim Leahey  
School Counselor

**Talk with your child.** *Talk to them about who their friends are and what they do together. Ask about their day, who they sat with on the bus or at lunch? Talk about bully, feelings, and how to express their feelings in a positive way*

**Teach empathy, respect, and compassion.** *Children who bully often lack awareness of how others feel. Try to understand your child's feelings, and help your child appreciate how others feel when they are bullied.*

**Teach your child how to resolve conflicts** *by explaining to them your feelings and why there needs to be a consequence and listening to their feelings instead of just punishing them*

**Make your expectations clear.** *Let your child know that bullying is not okay under any circumstances and that you will not tolerate it.*

**Provide clear, consistent consequences for bullying.** *Be specific about what will happen if the bullying continues. Take away privileges*

**Teach by example.** *Model nonviolent behavior and encourage cooperative, noncompetitive play. Help your child learn different ways to resolve conflict and deal with feelings such as anger, insecurity, or frustration.*

**Role play.** *Help your child practice different ways of handling situations. Doing so will help your child understand what it's like to be in the other person's shoes. Or talk to them about coping with anger*

**Provide positive feedback.** *When your child handles conflict well, shows compassion for others, or finds a positive way to deal with feelings, provide praise and recognition. Positive reinforcement goes a long way toward improving behavior. It is more effective than punishment.*

**Be realistic.** *Behavioral changes don't happen over night*

**Communicate with the school staff; we are all on the same team.**

**TALK to your children!!!**

