Talking to your kids about bullying

Conversations are critical to ensuring your child feels safe at school. You can have a positive influence on your child’s social, emotional and academic development by talking with them and being engaged in their education.

While conflict is a natural part of growing up and learning how to socialise, bullying can have long-term effects on the wellbeing of your child.

What are the common signs that my child is being bullied?
Knowing whether your child is being bullied is sometimes hard to work out. Some common indicators to look out for could include:

- unexplained crying, moodiness or anger
- not wanting to go to school
- less social contact with friends
- frequent disagreements with you or their siblings
- unexplained missing personal property
- a decline in the quality of their school work.

How should I talk to my child about bullying?
If you think your child is being bullied, the most important thing to do is to talk to them about it. Try to:

- stay calm and let them know you’re happy they’ve told you
- listen to them and tell them you believe them
- explain that it’s not their fault and it’s never ok to be bullied
- ask them what they want you to do
- let them know you are there to help them practise responsible ways to respond to bullying.

You may also like to contact your school to ensure teachers know about the situation and find out if anything is being done to address it.

There is help available
There is also a range of resources out there to help you and your child deal with bullying, including:

Safe Schools Hub - www.safeschoolshub.edu.au

Through the Safe Schools Hub, the Australian Government is empowering parents with information and advice on how families can support a safe school culture and manage problems when they arise.
The Safe Schools Hub for Parents provides you with information and resources that you may find useful in helping to make your child’s school experience a positive and happy one. On the Hub you will find links to many of the websites listed below.


Bullying. No Way! has a dedicated parents portal providing useful information for parents and carers specifically about bullying, harassment, discrimination and violence in schools.

**Cybersmart** – [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

Cybersmart is a national cybersafety and cybersecurity education programme managed by the Australian Communications and Media Authority, as part of the Australian Government’s commitment to online safety.

**Department of Communications** - [www.communications.gov.au/online_safety_and_security](http://www.communications.gov.au/online_safety_and_security)

The Australian Government Department of Communications provides links to Australian Government measures to improve online security and fraud awareness and includes information about online safety for children.

**Think U Know** - [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

ThinkUKnow is an Internet safety programme delivering interactive training to parents, carers and teachers.

**eheadspace** - [www.eheadspace.org.au](http://www.eheadspace.org.au)

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

**Mychild** - [mychild.gov.au](http://mychild.gov.au)

Mychild.gov.au is Australia’s online child care portal. The site also has information and links to other useful websites about children’s health and wellbeing, parenting and family support services.

**Raising Children** - [raisingchildren.net.au](http://raisingchildren.net.au)

The Raising Children network provides information that can help parents with the day-to-day decisions of raising children, and to also help parents and carers look after their own needs.


Parentline is a confidential telephone counselling service providing professional counselling and support for parents and those who care for children.