

Quick Find Topic
[Education.com](#)

- [Home](#)
- [JustAsk](#)
- [Activities](#)
- [Worksheets](#)
- [Video](#)
- [Find a School](#)
- [Colleges](#)
- [Education A-Z](#)

[Search](#)

[Sign in](#) | New here? [Join now](#)

Follow Us [on Facebook](#) [on Twitter](#)

Home (<http://www.education.com/>) > **School and Academics** (<http://www.education.com/topic/school-and-academics/>) > **Education Issues Today** (<http://www.education.com/topic/current-education-issues/>) > **Bullying and Teasing** (<http://www.education.com/topic/school-bullying-teasing/>) > **School Bullying Prevention** (<http://www.education.com/topic/help-child-bullying/>)

10 Actions Parents Can Take If Their Child Has Been Bullied

Print (<http://www.education.com/print/actions-take-child-involved-bullying/>)

Collect It! (#)



Email ([javascript:void\(0\);](mailto:javascript:void(0);)) **Twitter** (http://twitter.com/intent/tweet?status=Check%20out%20%2710%20Actions%20Parents%20Can%20Take%20If%20Their%20Child%20Has%20Been%20Bullied%27%20%28http%3A%2F%2Fbit.ly%2FcDySpG%29%20on%20%40Education_com)

[Recommend](#) 444

Education.com (<http://www.education.com/partner/articles/education/>)

If you think your child is being bullied, it's time to take action...now. Bullying is not something that just goes away on its own, it is not something that children can just “work out” without mediation, and it is not something kids will just naturally outgrow. If you know (or think) that your child is being bullied, your participation is critical to a successful outcome. Some suggested actions include:

1. **Make it safe for your child to talk to you.** When your child comes to you to talk about a bullying experience, try to avoid having an emotional reaction. It can be scary for a child to hear that a parent is

planning to lash out at a peer or parent. Calmly ask questions until you feel you completely understand the situation (Is it bullying, a peer conflict, or a misunderstanding?). Try not to leap into action right away, but instead focus on making sure your child feels taken care of and supported. Without blaming the bully, remind your kid that everyone has a right to feel safe and happy at school, and applaud the courage it took to take a stand and talk to you. Make a commitment to work with both your child and the school administration to resolve the issue.

2. **Teach your child to say “Stop!” or go find an adult.** Research shows that most bullies stop aggressive behavior within 10 seconds, when someone (either a victim or a bystander) tells the perpetrator to stop in a strong and powerful voice. You, as the parent, can role-play an assertive response. Demonstrate the differences between aggressive and assertive and passive voices, as well as body language, tone of voice, and words used. If staying “stop” with an assertive voice does not work, teach your child to find an adult right away.
3. **Talk with your child’s principal and classroom teacher about the situation.** Make it clear that you are committed to partner with the school in being part of the solution. Also emphasize that your expected outcome is that your child’s ability to feel safe and happy at school is fully restored. Ask the principal to share the school’s bullying policy, and make sure any action plan begins with notifying other teachers, recess aids, hallway monitors, and cafeteria staff so that everyone who comes in contact with your child can be on the lookout and poised to intervene should the bullying be repeated.
4. **Arrange opportunities for your child to socialize with friends outside of school to help build and maintain a strong support system.** Try reaching out to neighborhood parents, local community centers with after-school activities, and your spiritual community. The more time your child can practice social skills in a safe environment, the better. Children who have friends are less likely to be bullying victims—and, if your child is bullied, friends can help ease the negative effects.
5. **Don’t go it alone.** When supporting a child through a bullying situation, parents often discover previously unnoticed issues that may contribute to the child’s vulnerability. In addition to working with the school to help resolve the immediate issue, parents should also consider reaching out to physical and mental healthcare providers to discuss concerns about diagnosed or undiagnosed learning issues, depression, anxiety, eating disorders, etc.
6. **Encourage your child to stick with a friend (or find someone that can act as a buddy) at recess, lunch, in the hallways, on the bus, or walking home.** Kids are more likely to be targeted when they are alone. If your child doesn’t have a friend to connect with, work with the school to help find someone to act as a safety partner.
7. If **cyberbullying** is an issue, teach your child to bring it to the attention of an adult, rather than responding to the message. Many children fail to realize that saying mean things about someone on the Internet or through text messaging is a form of bullying. Make sure your child knows that you take cyberbullying seriously, and that you’ll be supportive through the process of handling the situation.
8. **Help your child become more resilient to bullying.** There’s a lot parents can do to help “bully proof” their kids. Here are two biggies: first, provide a safe and loving home environment where compassionate and respectful behavior is modeled consistently. Second, acknowledge and help your child to develop strengths, skills, talents or other positive characteristics. Doing so may help your kid be more confident among peers at school.
9. **Provide daily and ongoing support to your child by listening and maintaining ongoing lines of communication.** When your child expresses negative emotions about peers, it’s helpful if you acknowledge these feelings and emphasize that it’s normal to feel this way. After actively listening to the recounted bullying incident, discuss the practical strategies in this article together, especially the ones your child thinks will be most helpful.

10. **Follow Up.** Even after your child's bullying situation has been resolved, be sure to stay in touch with your child and the school to avoid a relapse of the issues. Keep the lines of communication open with your child, and learn the signs of bullying so that if another issue arises, you'll be prepared to get involved early and effectively. Although a last resort, consider moving your child out of the current school or social environment. This may be a necessary action, and it sends the message that your child truly does not have to tolerate such treatment. Once established, social reputations among peers can be very difficult to eliminate. A fresh start in a new school environment may be a viable solution.



(<http://www.education.com>)

Next Article: How to Stop Bullying of Kids on the Autism Spectrum (http://www.education.com/magazine/article/Bullying_Kids_Autism_Spectrum/)



(<http://www.education.com/slideshow/reasons-why-children-bully/>)

8 Reasons Kids Bully (<http://www.education.com/slideshow/reasons-why-children-bully/>)



(<http://www.education.com/slideshow/ways-parents-can-make-kids-safe-online/>)

10 Online Safety Tips for Parents (<http://www.education.com/slideshow/ways-parents-can-make-kids-safe-online/>)



(<http://www.education.com/slideshow/things-help-children-cope-bullying/>)

7 Ways to Help Kids Cope With Bullying (<http://www.education.com/slideshow/things-help-children-cope-bullying/>)

Similar topics (#)

Search Topic (#)

Search within this topic **Search** ([javascript:document.searchtopic.submit\(\)](#))

Ask a Question

Have questions about this article or topic? Ask

Ask ([javascript:document.asknewquestion.submit\(\)](#))

150 Characters allowed

Related Questions

Q:

My 6th grader is being bullied, and the school district is doing nothing...

(<http://www.education.com/question/6th-grader-bullied-school-district/>) (11 answers)

Q:

What can be done about bullying in school if the principal and teachers...

(<http://www.education.com/question/bullying-school-principal-teachers-unwilling/>) (16 answers)

See More Questions (<http://www.education.com/answers/search>

[/?searchTerms=10+Actions+Parents+Can+Take+If+Their+Child+Has+Been+Bullied](http://www.education.com/answers/search/?searchTerms=10+Actions+Parents+Can+Take+If+Their+Child+Has+Been+Bullied))

Related Articles

- **Help Your Child Deal With a Bully** (http://www.education.com/reference/article/Ref_Dealing_Bully)
- **What Helps Children Cope with Bullying?** (<http://www.education.com/reference/article/what-helps-children-cope-bullying>)
- **Bullying: What are the Differences between Boys and Girls?** (http://www.education.com/reference/article/Ref_Bullying_Differences)
- **Measuring Students' Self-Efficacy in Bullying Situations** (<http://www.education.com/reference/article/measuring-student-self-efficacy-bullying>)
- **Bullying, Interventions, and The Role of Adults** (<http://www.education.com/reference/article/role-of-adults-in-preventing-bullying>)

Related Topics

- **School Bullying Prevention** (<http://www.education.com/topic/help-child-bullying/>)
- **Bullying Topics** (<http://www.education.com/topic/school-bullying/>)
- **Bullying Defined** (<http://www.education.com/topic/what-is-bullying/>)
- **Bully** (<http://www.education.com/topic/school-bully/>)
- **Cyber-Bullying Prevention** (<http://www.education.com/topic/cyber-bullying/>)

Today on Education.com

HOLIDAY

Earth Day (http://www.education.com/magazine/article/celebrate_earth_day/)

ISSUES

Failing Schools: A National Security Threat (<http://www.education.com/magazine/article/failing->

[schools-national-security-threat/](#))

BEST PICKS

2012 Earth Day Green Toys Roundup (<http://www.education.com/magazine/article/2012-earth-day-green-toys/>)



Special Editions

- **Bullying** (<http://www.education.com/topic/school-bullying-teasing/>)
- **College Financing** (<http://www.education.com/topic/college-financial-planning/>)
- **Childhood Immunizations** (<http://www.education.com/special-edition/childhood-immunizations-vaccinations/>)
- **Digital World Parenting** (<http://www.education.com/special-edition/digital-world/>)
- **Gender Differences** (<http://www.education.com/topic/gender-differences/>)
- **Obesity Prevention** (<http://www.education.com/special-edition/obesity/>)
- **Going to College** (<http://www.education.com/topic/college-transition/>)

Browse by Topic

- **All Topics** (<http://www.education.com/all-topics>)
- **School and Academics** (<http://www.education.com/topic/school-and-academics>)
- **Education Issues Today** (<http://www.education.com/topic/current-education-issues>)
- **Bullying and Teasing** (<http://www.education.com/topic/school-bullying-teasing>)
- - **Bullying Topics** (<http://www.education.com/topic/school-bullying>)
 - **Bullying Defined** (<http://www.education.com/topic/what-is-bullying>)
 - **School Bullying Prevention** (<http://www.education.com/topic/help-child-bullying>)
 - **Bully** (<http://www.education.com/topic/school-bully>)
 - **Cyber-Bullying Prevention** (<http://www.education.com/topic/cyber-bullying>)

Browse by Grade

- **Before Preschool** (<http://www.education.com/topic/preschool-readiness/>)
- **Preschool** (<http://www.education.com/grade/preschool/>)
- **Kindergarten** (<http://www.education.com/grade/kindergarten/>)
- **First Grade** (<http://www.education.com/grade/first-grade/>)
- **Second Grade** (<http://www.education.com/grade/second-grade/>)
- **Third Grade** (<http://www.education.com/grade/third-grade/>)
- **Fourth Grade** (<http://www.education.com/grade/fourth-grade/>)
- **Fifth Grade** (<http://www.education.com/grade/fifth-grade/>)
- **Middle School** (<http://www.education.com/grade/middle-school/>)
- **High School** (<http://www.education.com/grade/high-school/>)
- **College** (<http://www.education.com/grade/college/>)

- **Continuing Education** (<http://www.education.com/grade/continuing-ed/>)

Activity of the Week Newsletter

Get our latest activities sent to you weekly:

- Grade Specific
- Teacher Approved
- Straight to Your Inbox!

Select Grades

Sign Up ([javascript:void\(0\);](javascript:void(0);))

Privacy Policy (<http://www.education.com/privacy/>)

Popular Articles

Wondering what others found interesting? Check out our most popular articles.

1. **2012 Earth Day Green Toys Roundup** (<http://www.education.com/magazine/article/2012-earth-day-green-toys/>)
2. **Hold the Pink Slime: Making School Lunch Healthier** (<http://www.education.com/magazine/article/pink-slime-school-lunch/>)
3. **Get the Facts on Bullying: Education.com Survey Reports What Parents and Principals Are Saying** (<http://www.education.com/magazine/article/facts-on-bullying/>)
4. **Reading to Dogs ... a "Pawsitive" Experience** (<http://www.education.com/reference/article/reading-dogs-pawsitive-experience1/>)
5. **Barack Obama on Education** (http://www.education.com/magazine/article/Barack_Obama/)
6. **How to Keep Kids Engaged at the Passover Seder** (<http://www.education.com/magazine/article/keeping-kids-engaged-during-passover-seder/>)
7. **12 Ways to Ace Your Parent Teacher Conference** (<http://www.education.com/magazine/article/12-ways-to-ace-your-parent-teacher-conference/>)
8. **7 Ways ESL Kids Can Learn with Music** (<http://www.education.com/magazine/article/esl-kids-learning-music/>)
9. **What Do Test Scores Really Say About a School?** (http://www.education.com/magazine/article/Test_Scores_Say/)
10. **The International Plastic Quilt Project** (<http://www.education.com/magazine/article/international-plastic-quilt-project/>)

Most

Read (#)

Most

Searched (#)

Top

Rated (#)

[Ask a Lawyer: Bullying](#)

A Lawyer Will Answer You Now! Questions Answered Every 9 Seconds.
Law.JustAnswer.com/School-Bullying

[Anti Bullying Assemblies](#)

Hilarious, Engaging, Research-based Memorable Anti-Bullying Assemblies
JayBanks.com/anti-bullying-assembly

[HP® Ink Cartridges](#)

Find High Quality Ink Cartridges For Your Printer Today at HP.com!
HP.com/InkCartridges

AdChoices 

- [School & Academics](#)
- [Bullying & Teasing](#)
- [Science Fair](#)
- [Discipline & Behavior](#)

- [Learning & Special Needs](#)
- [Physical Health](#)
- [Ask a Question](#)
- [All Questions & Answers](#)

- [Arts & Crafts](#)
- [Games & Puzzles](#)
- [Science Experiments](#)
- [Phonics & Reading](#)
- [Numbers & Math](#)
- [Letters & Writing](#)
- [Outdoor Games](#)
- [All Activities](#)

- [Preschool](#)
- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)
- [5th Grade](#)
- [Middle School](#)
- [High School](#)

- [Preschool](#)
- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)

- [5th Grade](#)
- [Middle School](#)
- [High School](#)

- [Math](#)
- [Reading](#)
- [Writing](#)
- [Science](#)
- [Social Studies](#)
- [Printable Board Games](#)
- [Coloring Pages](#)
- [Workbooks](#) **NEW**
- [All Worksheets](#)

- [Reading Tips & Activities](#)
- [Parenting Tips](#)
- [Activities & Crafts](#)
- [A+ Award Winners](#)

Featured Topic



[Play Flip Over Vowels](#)

Enter zip or city and state

[Find a School](#)

- [Find a K-12 School](#)
- [Choosing a Preschool](#)
- [Kindergarten Readiness](#)
- [Types of Schools](#)
- [Home Schooling](#)
- [School Data Tools](#)
- [Testing & Standards](#)
- [Study Help](#)
- [Schools Q&A](#)
- [School Boundaries](#) **NEW**

- [Bullying](#)
- [Asperger Syndrome](#)
- [Gender Differences](#)
- [Learning Disabilities](#)
- [Developmental Milestones](#)
- [Kindergarten Readiness](#)
- [Obesity Prevention](#)
- [Technology and Your Child](#)

- [All Topics](#)

Featured Topic



[Bullying in School & Online](#)

[Search](#)

- **[Kids' Activities](#)**

- [Science Activities](#)
- [Math Activities](#)
- [Reading Activities](#)
- [Arts and Crafts](#)
- [Science Fair Projects](#)

- **[Worksheets](#)**

- [Math Worksheets](#)
- [Coloring Pages](#)
- [Kindergarten](#)
- [Preschool](#)

- **[Education Articles](#)**

- [Education A-Z](#)
- [Special Editions](#)
- [Blogs](#)
- [A+ Awards](#)
- [En español](#)

- **[School Finder](#)**

- [Quick Search](#)
- [School Boundaries](#)
- [School Data Tools](#)
- [Local Schools Widget](#)
- [School Boundaries Widget](#)

[and Tools](#) | [AdChoices](#) 

Copyright © 2006 - 2012 [Education.com, Inc.](#) All rights reserved.