

# IF YOUR CHILD TALKS TO YOU ABOUT BULLYING

1

Listen calmly and get the full story. You can reassure your child by remaining calm and being supportive.

2

Reassure your child that they are not to blame.

3

Ask your child what they want to do about it and how you can help them.

4

Focus on identifying a solution for your child  
Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au);  
<https://kidshelpline.com.au/teens/issues/bullying>; to find some strategies.

5

Contact the school and check in regularly with your child. It can take time to resolve issues. Your ongoing support is important.