

# Five Actions Parents Can Take If Their Child Has Been Involved in Bullying



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**If you think your child is being bullied, take action now.** Bullying is not something that just goes away on its own, it is not something that children can work out amongst themselves, and it is not something kids will just naturally outgrow. If you know (or think) that your child is bullying or being bullied, believe them and intervene immediately. Some suggested actions include:

1. Talk with your child's principal and classroom teacher about the problem and see if they have noticed anything.
2. Have your principal notify 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 an episode be repeated.
3. Arrange opportunities for your child to socialize with friends outside of school to help build and maintain a strong support system.
4. Encourage your child to stick with a friend at recess, lunch, in the hallways, on the bus, or walking home because kids are more likely to be targeted when they are alone.
5. If your child is taking part in cyberbullying, make sure that they are aware that such behavior is not acceptable. Many children fail to realize that saying mean things about someone on the Internet or through text messaging is a form of bullying. If your child is victim to cyberbullying, teach them to not respond to the message, and bring it to the attention of an adult.