



Bullying Prevention: Role of Parents

Bullying is defined as an aggressive behavior that is intentional and involves an imbalance of power. It is also a repeated behavior that can be physical or verbal. While it is more common that boys bully others using more physical means, girls usually bully others verbally and by social exclusion. Bullying has been an ongoing problem in schools, and even workplaces for years. Recently, due to the growth of technology and social media, bullying has extended its reach. In fact, cyberbullying is a type of bullying that occurs online and via social media. Preventing bullying involves a commitment to making a safe environment where students succeed socially and academically, without being frightened. Here are some recommendations to address bullying as a parent.

For parents of kids being bullied

Signs that your child might be bullied

Kids aren't always vocal about being bullied, accordingly, you should always watch out for signs, such as ripped clothing, hesitation about going to school, loss of appetite, general anxiety or depression, or nightmares. If you realize that your child is being bullied, avoid telling them to "let it go" or "forget about it". Alternatively, have an open conversation where you can understand what is going on at school so you can take actions to fix the situation.

Teach your kid how to deal with being bullied

The first step to do when your child is being bullied is to reach out to the school. Till then, you can work with your child to deal with bullying without feeling crushed. It is recommended to practice scenarios at home where your child acquires strategies for coping with bullying. Moreover, help your child in identifying staff members and friends that they can go to when being bullied.

For parents of kids engaged in bullying

Stop bullying before it starts!

Educating children about bullying is crucial. It is common that kids have difficulty reading social cues and do not know that what they might be doing is hurtful and considered as bullying. It is also recommended to constantly remind your child the consequences of bullying.

Create a “bully free” environment at home

Children tend to repeat behavior observed at home. In fact, being

exposed to aggressive behavior or a strict environment allow kids to be more prone to bully. Accordingly, parents must set positive examples for their children.

Possible self-esteem issues?

It has been proven that kids with low self-esteem usually bully to feel better about themselves. Such behaviors must be addressed by parents and disciplined.

References

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