



# HOW TO TALK ABOUT BULLYING

A Parent Information Presentation  
Sayville Public Schools



Parents, school staff, and other caring adults have a role to play in preventing bullying.

# Understanding Bullying



Help kids **understand bullying.**

Talk about what bullying is and how to stand up to it safely.

Tell kids bullying is **unacceptable.**

Make sure kids know how to get help.



# Knowledge IS Power!

- Kids who know **what bullying is** can better identify it.
- They can talk about bullying if it happens to them or others.
- Kids need to know ways to safely stand up to bullying and how to get help.



Encourage kids to speak to a trusted adult if they are bullied or see others being bullied.

The adult can give comfort, support, and advice, even if they can't solve the problem directly.

Encourage the child to **report bullying** if it happens.

Talk about how to stand up to kids who bully.

Give tips, like using humor and saying “stop” directly and confidently.

Talk about what to do if those actions don't work, like walking away





Communicate!



# Keep the lines of communication open

Check in with kids often. Listen to them.  
Know their friends, ask about school, and understand their  
concerns.





# Talk, Talk, Talk...

*Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:*

# Start the Conversation...

**What would do you like best about yourself?**

**What is lunch time like at your school?  
Who do you sit with?**

**Is there anything you want to talk about?**

**What is it like to ride the school bus? Who do you sit with?**

**What was one good thing that happened today?**

**What are you good at?**

**CAUTION: DON'T MAKE IT A "3<sup>RD</sup> DEGREE" EXPERIENCE!**

# Be Direct


- Talking about bullying directly is an important step in understanding how the issue might be affecting kids.
- There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly.
- Assure kids that they are not alone in addressing any problems that arise.





Describe what kids who bully are like.

Why do you think people bully?

A circular collage of diverse smiling adults of various ethnicities and ages, arranged in a circle. The individuals are shown from the chest up, looking towards the camera with warm, friendly expressions. The background is a soft, light-colored gradient.

**Who are the  
adults you trust  
most  
when it comes to  
things like  
bullying?**





Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?

**What do you think parents can do to stop bullying?**





Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?



***Do you ever see kids at your school being bullied by others?  
How does it make you feel?***

What do you usually do when you see  
bullying going on?

Have you ever tried to help someone  
who is being bullied?

What happened?

What would you do if it happens again?



Bullying  
isn't OK here



This is our school. We have a right to ...

- Feel safe, and not be hit or teased.
- Be accepted for who we are.
- Be treated fairly, and with respect.
- Be free of negative peer pressure.

© 2008 The National Center for Safe Schools  
www.nccss.org

Be an Upstander,  
Not a Bystander

Urge them to help  
kids who are  
bullied by  
showing kindness  
or getting help



**Encourage kids to  
do what they love**

**Special activities, interests, and  
hobbies can boost confidence,  
help kids make friends, and  
protect them from bullying  
behavior.**

# SAFETY

Talk about strategies for staying safe, such as staying near adults or groups of other kids.



# Don't Ignore or Minimize

Get more ideas for **talking with children** about life and about bullying. If concerns come up, **be sure to respond.**







## Stay “With It”

There are simple ways that parents and caregivers can keep up-to-date with kids’ lives:

Read class newsletters and school flyers and talk about them at home

Check the school website often!

Greet the bus driver

Go to school events

Meet teachers and counselors at

“Back to School” night

Reach out by email



# Model

Model how to treat others with kindness and respect.

*MAKE NO MISTAKE ABOUT IT...Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.*