



IS IT RUDE, UNKIND OR BULLYING?

RUDE

When someone says or does something accidentally hurtful and they do it once.

UNKIND

When someone says or does something purposefully hurtful and they do it once.

CONFLICT

When both people involved have caused harm and both people have been hurt

BULLYING

When someone repeatedly hurts you on purpose, even after you ask them to stop or show that you're upset.

Did they hurt you?

NO, IT WAS AN ACCIDENT
AND IT ONLY HAPPENED
ONCE

YES, THEY ARE
INTENTIONALLY TRYING TO
HURT ME.

How many times have they done this?

1-2 TIMES

3 OR MORE TIMES

Are they specifically targeting YOU?

NO, THEY ARE LIKE THIS WITH
EVERYBODY

YES, THEY ARE SINGLING ME
OUT

Do they know it hurts you?

I LAUGH WHEN IT HAPPENS, SO
THEY THINK I'M OK WITH IT.

I HAVE ASKED THEM TO STOP, OR
TOLD THEM IT HURTS MY
FEELINGS.

Have you done anything back to them?

NO

YES

Talking to your child about bullying helps them recognize and deal with it. Open conversations build confidence and promote kindness, respect, and empathy. By working together, we create a safe, supportive environment where kids feel valued. Let's make sure they grow up in a caring community.

PREPARING FOR THE CONVERSATION

STAY SIMPLE

Keeping it straightforward makes it easier for students to ask questions and share their feelings.

BE BRIEF

A brief discussion ensures students don't feel overwhelmed or confused by too much information at once.

BE POSITIVE

A positive approach emphasizes problem-solving, helping students understand how they can contribute to a safer environment.

REPLAY THE MESSAGE YOU HEARD FROM YOUR CHILD

This ensures you both understand the situation clearly and can address any confusion or concerns.

MAKE SURE YOUR CHILD UNDERSTANDS THAT NOBODY DESERVES TO BE BULLIED.

This helps your child recognize their value and reinforces that everyone deserves respect and kindness.

NEVER ENCOURAGE YOUR CHILD TO BULLY BACK.

It helps your child learn how to solve problems peacefully, setting an example for respectful communication.