

ARTICLE

What to Do When Your Child Uses Violence?

Children may often think that bullying and cyberbullying are just making jokes and having good fun. They do not really notice the victim's suffering or they trivialize it. Should calling names, mocking, excluding be a way of gaining popularity within a group? And how often is the aggressor not aware that his/her status is a result of fear that he/she instills rather than being liked?

When talking with your child:

- Make him/her aware that HE/SHE is the person responsible for the acts of bullying and cyberbullying and there is absolutely no justification or explanation for such behavior,
- Remind him/her that everybody deserves respect,
- Assure the child that when he/she happens to get involved in an act of aggression, he/she may always talk to you about it so you can figure out what to do in such a situation and discuss a solution together,
- If your child uses bullying or cyberbullying because he/she has suffered from it earlier, tell him/her that it is worth it to ask for help to stop the string of violence,
- Teach your child that a conversation is one of the ways to manage frustration, anger, sadness, jealousy, shame, guilt, and other difficult emotions – it is the first stage to changing your behavior and your life,
- Tell him/her that there are ways other than violence to gain the respect and popularity of a group, Try to analyze the consequences of violent behavior together,
- Work together to develop an action plan which may help you to replace aggressive behavior with constructive actions,
- Make your child aware that using violence will result in specific consequences.