




WORKSHEET

How to Talk About Bullying?









Remember to respect and listen to a child in a conversation. At the beginning, ask him/her the following questions:

-  If he/she knows what bullying and cyber bullying is?
-  If he/she has ever seen this kind of behavior or witnessed it directly?
-  If this sort of behavior takes place in his/her school?

Do not try to force the child to answer the questions! If you suspect that a child might have been involved in bullying situations, try to make him/her talk about it him/herself.

To estimate the risk of bullying occurrences it is worth it to ask a few general questions about how your child is feeling at school and what is his/her status there:

-  Have you ever been afraid of going to school or even feared that somebody may exercise violence towards you?
-  Have your peers ever been aggressive towards you, hurt you, harassed, pushed?
-  If that took place, who was the aggressor – boys or girls?
Do you know why they behaved like that?
-  Have you spoken about it with an adult or a peer? Did that help?
-  How did it feel to be a victim of bullying?
Tell me about it and I will try to help you do something about it
-  What can I do to help you in such a situation?

*When reacting to bullying, never make any decisions behind the child's back. He/she has a right to decide what will happen in a situation that concerns him/her. By disregarding him/her as a subject of the whole situation you may only make his/her suffering worse. **Make all the decisions together!***

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If you discover that in the school your child attends there is a problem of bullying, try exploring the following questions:



What is your usual reaction when you see that somebody harassing another person at school?



Please tell me, what do the cases of bullying at your school look like?



Have you ever seen anybody bullying the other students at school?
How did you feel about it?



Have you ever tried to help in such a situation?
If yes, what was the effect of that help?