



Victoria College Counter Bullying Strategy

What can you do as parents?

It is not easy for a parent to know when and how to step in. The child's age, maturity and safety all need to be considered.

- Listen to your child and take seriously his feelings and fears.
- Make sure he is safe, and this may mean sometimes taking action he is not happy with.
- Try to give him as much power as possible to find solutions so he can feel more in control.
- Solving problems himself, with your support, can create a real increase in self-esteem.
- Work on improving his confidence by building on the things he does well.

Stop bullying where it's happening:

- Meet with us and talk about what is happening.
- Make a list of the things that have happened. Tell us about the impact the bullying is having on your son.
- Be prepared to name the children who bully. If the bullying persists please write down who, what where and when.
- If you tell us who the boys are please trust us to deal with this confidentially – without names it is very difficult to do the right thing.
- Keep in contact with us until the problem is sorted out.
- Be aware support will be given to the bully as well as your son.

How you can help your child:

Help him work out ways to deal with bullying and to feel good about himself:

- Encourage him to talk to an adult who can do something to stop the bullying.
- Encourage him to ignore the bully by walking away and then let an adult know.
- Encourage him to avoid getting emotional, e.g. staying clam so the bully doesn't win by getting him to react.
- Encourage him to avoid getting physical, which can end up in being hurt or getting blamed for the bully's actions.
- Encourage him to be true to himself, focusing on his strengths and building these up.
- Encourage him to make new friends, get involved with new activities.
- Encourage him to believe things will change and be better for him.