



# Stop, Wait, Go

## FACTSHEET

[www.stopwaitgo.net.au](http://www.stopwaitgo.net.au)

## BULLY PROOF YOUR CHILD

**Do your children need help to be bully proofed: it is a job for schools but parents are responsible too. It is a team effort.**

Schools can access a range of quality Anti Bullying programs and use a curriculum that supports the teaching of awareness and preventative measures to stop bullying. There are also professional development programs that ensure staff are skilled to deal with the issue appropriately, plan for preventative measures and most importantly, do not use bullying methods themselves. Ask to see your school policies. If they do not have one - ask why not?

Parents also have a responsibility to back up what the school is doing, by being informed and pro-active at home. Prevention is a team effort. Check and see if you are bully proofing your children.

- Do we teach our children the skills of assertiveness?
- Do we listen to them and acknowledge their feelings as valid, even when we have different feelings?
- Have we talked about bullying, what it looks like, sounds like, feels like?
- Do we teach how to behave considerately and never use power, bullying and fear to manage them?
- Do we teach through praise, encouragement and acknowledge their achievements by noticing when they get it right. Tell the child what you saw and how it made you feel?
- Have we spent some time today, having fun, enjoying our time together, listening to each other?
- Have I checked that they have support networks by asking "who can you go to for help at school, at home, with friends?"

### Dobbing

Fear that dobbing will make the problem worse is a fear promoted by bullies so they can maintain their power. Teach children that dobbing is really getting someone into trouble for no valid reason. Get help by telling an adult till you are safe from harm. Keep on telling adults till the bullying stops. That is not dobbing.

### Be Vigilant

Be vigilant to sudden changes in behaviour, aloneness, sadness, being over sensitive to minor triggers, loss of appetite, depressed, sudden onset bed wetting.

Teach, praise, encourage, acknowledge, listen, love and learn from your children.





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