



Stop, Wait, Go

FACTSHEET

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HOW PARENTS CAN ASSIST THEIR CHILDREN TO STOP BULLYING & TEASING

Teasing is verbal put downs, that are meant to hurt feelings. "I was only joking" is not an acceptable excuse for teasing

Bullying can be in the form of verbal harassment if it is repeated, or a form of physical intimidation. It often includes threats. Bullies believe that they have the right to make you do or behave in a certain way. Bullying is repeated

The most important thing for parents to remember is to listen to what their children are saying when they are feeling intimidated.

Often incidents of bullying go unchecked because children are too afraid, embarrassed, or don't have the words to describe what is happening to them. It takes time to listen. One of the biggest mistakes that parents make is that they talk too much and don't listen enough.

If your child does start to open up, let them do the talking. Don't go into a mode of police interrogator, get angry or emotional. This will block communication and the child is most likely to shut down. That is when you don't get the full story. Listen calmly, write down facts, it helps you stay focused and ask questions later.

Be empathetic:

- "You must have been feeling really upset"
- "That must have been hard for you"
- "What did you do after that?"

Teaching Strategies

- STAY CALM
- Ask how this made the child feel
- What have they done so far to try and solve the problem?
- Talk about the physical symptoms that they experienced i.e. racing heart, sick in the stomach
- Practise the following response
 1. Stand tall, shoulders back, make eye contact
 2. Use a calm , low, slow tone of voice.
 3. Say "STOP teasing me I don't like it" You can hold your hand up
 4. Walk away calmly. Ask yourself has the feeling gone away





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Practice: Get the child to repeat this several times. This trains the brain to respond even when under attack. Practise so often you can respond calmly almost without thinking.

If you have tried to deal with the problem yourself and it doesn't go away you need to get help from an adult. Who are the adults that you know and trust?

Physical Attacks

This always requires assistance from an adult. Go straight to a teacher or the principal.

Teach children about the people who are in the school that they can seek out for help.

Principal, teachers, school based police, office ladies, Bi-lingual officers.

Keep telling adults until it stops

Dobbing

This is telling on someone just to get them into trouble. Asking an adult to help you when you are teased or bullied **is not dobbing**

