

7 Bullying Intervention Tips for Families

1. Increase Communication

Begin discussion that has to do with the social and online lives of your children as often as possible. Ask specific questions that can create important discussions (e.g., instead of “How was school?” try “What was lunchtime like at your school—who do you sit with, what do you do and what do you talk about?”). You have to ensure your conduct shows how genuinely interested and open minded you are, and must not in any way see you as trying to control or invade privacy.

2. Monitor Behavior

You can get to see your children under different situations by being watchful during social gatherings, volunteering at school and participating in extracurricular activities. If in any case you realize that your children are overly aggressive, vulnerable to peer pressure or show other behavior that gives you cause for concern, talk to them about your concerns and correct the behavior. Keep watch on the warning signs associated with bullying behavior (e.g., fear of attending school, social withdrawal, avoidance of or preoccupation with technology) and you can always believe that your instinct will intervene when you feel like your children are deviating.

3. Facilitate Positive Social Experiences

Assist your children in selecting hobbies and friends that will make them have a good feeling about themselves. Whenever you realize that certain activities or relationships are capable of causing bad feelings or unhealthy conflicts, talk about how things can be improved and keep away from negative scenarios. Be a guide to your children in helping them make friends in different settings, by doing so they would not have to depend on only one place as their social outlet. Help your children to stay close to at least one friend—the feeling of being socially attached can help to reduce the effects of bullying.

4. Promote Responsible Online Behavior

Speak with your children about behaving decently online, as well as showing respect for other people’s privacy including the negative effect of belittling others. They should also make sure that they understand how to protect their own privacy online (e.g., keep personal information, passwords and PINs confidential) and what their reaction should be when confronted with negative online behavior. Ensure to actively monitor your children activities online and assist them to set healthy limits as regards the time they spend online. When monitoring and filtering software, do not hide it and then feel you can depend on these kinds of tools as a means to directly involve yourself in your child’s online lives.

5. Talk about Bullying

Feel free to discuss bullying with your children. Explain what bullying means to them in detail; let them know what it looks like and what to do when such a thing happens. Let them understand your expectations and values as far as offline and online societal behaviors is concerned, help them to understand what their own values should be as well as how they are to show it in the face of aggression and peer pressure. Talk and practice different ways in which they are to react to social cruelty, and make your children know that they are to come to you for help when they witness or happen to be involved in bullying situations.

6. Be a Role Model

Have you ever thought about what kind of message you pass to your children whenever you gossip, make judgmental comments or act in an aggressive manner toward family members, friends, and the way you interact with staff in stores or drivers on the road. Make good use of technology and keep away from sending mean or biased posts and jokes. Show an example of what it takes to be an ally and to kick against both online and offline cruelty and prejudice.

7. Be Involved at School

Always be in support of practices, policies and programs that encourage positive social behavior and always speak up when adults/institutions no longer sustains their duty of protecting children and maintaining a safe environment. Don't wait until your child is the target to get involved and speak up.

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