

Bullying Intervention and Prevention

What Parents can do

- Promote confidence
- Use consistent discipline
- Negotiate and seek compromises with children
- Enhance self-esteem of children
- Give children responsibility
- Model good behaviour
- Use non-violent discipline
- Promote harmony in the home
- Encourage positive communication among siblings
- If your children appear to be aggressive, monitor what they are watching on TV & computer games. Talk to them. It may be an indication that they are being bullied.
- Ban all aggressive language and behaviour in your home
- Challenge them with realistic expectations. Acknowledge and Reward good behaviour and celebrate success

Remember:

Empower children to report bullying
Check out the Anti-bullying policy in the school
Empower school to deal with bullying
Discuss bullying behaviour with your children
Put limits to time online
Monitor reactions to their time online
Discuss mobile phone bullying
Don't allow TV's and personal computers in bedrooms
Computers connected to Internet should be in central locations in home
Watch out for signs of bullying

If your child is being bullied or bullying

Get as much detail as you can from child
Keep records
Contact class teacher/Year head/Principal
Allow school to deal with it
Check out school's Anti-Bullying Policy
Monitor how the school is handling the situation. Seek review /follow up meetings
If there has been physical violence outside of school contact the Gardaí
If not resolved by the school (which seldom happens) you can contact Board of Management, local Inspectorate or Dept. Education & Science

After all, You are the Parents. You have Responsibilities.

Marion Flanagan Anti-Bullying Tutor