

The background is a dark blue with a repeating pattern of light blue circles. Several hands of different skin tones and sleeve colors (blue plaid, green, yellow, orange plaid, blue, brown, blue and white stripes) are pointing towards the center text.

# HELP PREVENT BULLYING



## 1. Encourage open and honest communication

Encourage your child/learner to have open and honest conversations with you about their day, their school, and their friends. This will let them know you are there for them.

## 2. Educate your child

Educate your child/learner about the different types of bullying, why other children become bullies, why it is bad, and what they should do if they are being bullied. Understanding the effects bullying has on people will help your child/learner understand why bullying is not acceptable.





### 3. Recognising the signs

Some children may not show signs that they are being bullied which is why open communication is important, but if you notice changes in their behaviour towards school, academics, in social settings or even at home, it is important to get help. For children who may be bullying others, you may notice them getting into trouble at school, blaming others, attaining items that they cannot provide a reason for or an increase in aggression.





## 4. Provide them with the proper tools

Help your child/learner know how to deal with a bully like surrounding yourself with friends (it is safer in a group or in an area with a lot of people), speaking to a trusted adult, avoiding places where the bullies will be, walking away with no reaction, confidently and in a loud voice telling the bully to stop. Developing your child/learner's respect for themselves and others and their confidence is vital. Helping your child identify when their friend is a bully and how to stand up to them is also beneficial. If you don't speak up when your friend is bullying others, you can become a bully by association.





## 5. Get involved

Know your school's bullying policy and report cases to the school staff. Be persistent and continue to monitor the progress of the situation.



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For more information, read: **10 Ways to Stop & Prevent Bullying at School - Mom Loves Best**  
<https://momlovesbest.com/bullying-prevention>

**Bullying- Childline South Africa**  
<https://www.childlinesa.org.za/children/for-children/issues-affecting-you/bullying/>

**Childline Help Number: 116**