



GCAPP PARENT TOOLKIT:

Bullying: How to Set Yourself Up for a Successful Conversation with Your Child

Remember, you are the expert on your own child and serve as a role model for how to navigate challenging situations. The following tips and strategies can help you have effective conversations with your child and address common issues related to bullying in a supportive and constructive way.

TAKE YOUR CHILD SERIOUSLY AND LISTEN

- When your child shares a bullying experience, take their concerns seriously.
- Listen carefully and validate their feelings this shows you understand and care.
- Feeling heard and supported is crucial for your child's emotional well-being.

AVOID MINIMIZING OR BLAMING COMMENTS

- Refrain from comments like:
 - *"I told you not to be friends with [name]."*
 - *"You're overreacting, bullying is just a phase."*
- These statements can make your child feel dismissed or blamed.

CHOOSE A COMFORTABLE SPACE

- Find a private, safe space to talk.
- Options: take a walk, sit in a quiet room, or share a snack together.
- Give your child the physical space they need to share openly.

CHECK YOUR OWN FEELINGS FIRST

- Pause before starting the conversation.
- Take a deep breath and notice your emotions.
- Managing your feelings allows you to respond calmly and supportively.

REMEMBER YOU ARE THE ROLE MODEL

- Children learn how to handle tough situations by watching you.
- Staying calm helps your child remain calm and teaches positive coping skills.
- If you feel too upset, it's okay to wait until you're ready for a thoughtful conversation.

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