

Support for a Child Who Is Being Bullied

At home, Dot notices that Spotty is upset. Spotty shows the video with the bullying incident. Dot is very angry, and then manages to calm down and be there for Spotty, listening carefully. Spotty feels better as the problem is shared and a plan is created together.

Narrated Message // *It takes a lot of courage for children to speak about bullying. A child who is being bullied needs caring and tenderness, along with reassurance that it is not their fault. It's important to give them space, listen carefully, reassure them, and be their guide. Let's invite children to tell us in their own words what happened and how they feel. When they are able to express themselves and find their own solutions, they take an important step toward rebuilding their feelings of self worth.*

IDEAS

- Bullying is a real problem for children. Opening up and talking about being bullied can be scary and hard.
- Staying calm when we learn that our child has been bullied can be hard, too. It is important to know that we are acting as role models and guides, rather than rushing in to solve our children's problems.
- Being there when our children have a problem is all-important. We can try to stay calm and focus on the needs of our children, and listen carefully, rather than reacting, when children speak to us about bullying.
- Leaving space and time for children to tell their story, in their own words, in their own time, can really help. Encouraging them to come up with their own ideas may mean the results are more positive.

QUESTIONS FOR GROUP DISCUSSION

Family Members

1. What are some of the messages in this film?
2. Why do you think it can be hard for children to talk about being bullied?
3. What could we do to encourage children to feel comfortable about sharing their problems?
4. How do you think a child might act if we react strongly when they come to us with a problem? How might they feel?
5. Where and how could you get help for your own feelings about your child being bullied? What kind of help would you need the most?
6. How can teachers and others at the school and in the community help if your child is being bullied?
7. What are the questions you could ask to help children come up with ways to deal with their problem? What are the benefits of having your child come up with positive ways to deal with it?

School Staff and Community Leaders

1. What kind of listening behaviours would encourage a student to tell their full story about bullying?
2. Why do you think it can be hard for Aboriginal students to open up about being bullied?
3. How could you and your school offer assistance to Aboriginal family members who learn that their children have been involved in a bullying incident?
4. Do you or your school have a process in place if family members come forward about bullying? What kinds of responses might be helpful?
5. Are there any additional responses that might further support and meet the specific needs of Aboriginal family members?