

## **Our formula**

### **My child is being bullied, what action do I take?**

Different types of bullying require different responses. If the bullying is a one-off incident, or involves mainly name-calling, children **may** be able to handle it themselves. However, if the bullying is serious or is widespread in a particular school, club or on the bus, help from someone in authority will be needed.

The 'formula' for dealing with bullying involves three steps. Sometimes you will not use all steps or you will combine more than one step. On the whole, however, dealing with bullying involves the following:

### **A Formula for dealing with bullying**

#### **1: Analyze the bullying**

- Write it down

#### **2: Ignore it if possible**

#### **3: Decision Time**

- Report the bully or
- Confront the bully

As we said, different types of bullying require different responses, so we have divided the responses accordingly (see below).

#### **1. Analyze the bullying**

When you find out your child is being bullied, it is perfectly natural to want to rush off and confront the bully or the teacher. An emotional reaction like this, however, can actually add to the problem rather than solve it. The best thing that you can do is stay calm, even if you are upset, and gather all the information first.

So analyze the bullying

- Who is doing it? Is it coming from a friend or someone who is trying to upset your child? ...