



# THE BUSY TEACHER'S GUIDE TO TALKING TO PARENTS ABOUT BULLYING

## THEIR ROLE IN PREVENTION

Everyone benefits when parents play a role in an anti-bullying initiative: parents worry less, students feel safer and teachers are able to focus on teaching.

A multi-tier system of supports (MTSS) is a framework that many schools adopt to provide targeted support for struggling students. MTSS works wonders for anti-bullying as it enlists the involvement of parents, among others, to provide support.

Ask parents to support the school's values and messaging about bullying at home and to keep a watchful eye for signs that their child is being bullied or bullying others.

## IF THEIR CHILD IS THE VICTIM

If their child is the victim of bullying, make an effort to be supportive and empathetic. The main thing a parent wants to know is your strategy going forward. How will you prevent this from happening in the future? How will you manage the classroom so your students are safe? Here are a few ideas:

- Reassigning seats
- Speaking to students directly
- Reaching out to bullies privately
- Modelling positive social skills
- Appointing class buddies
- Reinforcing values in lesson plans

## IF THEIR CHILD IS THE BULLY

If their child is the aggressor, explain the school's anti-bullying policy and explain how the behavior was a violation.

Bullying is often seen as an issue for older high school students, and so you may face resistance from parents who refuse to believe their younger child behaved this way or did so purposely.

Suggest to the parents that they allow their child to vent their feelings and recognize their own behavior at home. In cases of persistent bullying, you may wish to suggest the child see the school counsellor or a therapist.