



BULLYING. NO WAY!

SAFE AUSTRALIAN SCHOOLS.
TOGETHER.



Dear parents

At HSPA we aim to create a safe and supportive school community for everyone.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

We are sending you a pocket card from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

[Additional information about bullying is on the school's website and via the following links <https://antibullying.nsw.gov.au/>]

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make HSPA a great school for everyone.

www.bullyingnoway.gov.au



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