

# Talking to your kids about bullying

Conversations are critical to ensuring your child feels safe at school and in the community. You can have a positive influence on your child's social, emotional and academic development by talking with them and being engaged in their education.

While conflict is a natural part of growing up and learning how to socialize, bullying can have long term effects on the wellbeing of your child.

## What are the common signs that my child is being bullied?

Knowing whether your child is being bullied is sometimes hard to work out. Some common indicators to look out for could include:

- Unexplained crying, moodiness or anger
- unexplained missing personal property
- Not wanting to go to school
- a decline in the quality of their school work
- Less social contact with friends
- frequent disagreements with others

## How should I talk to my child about bullying?

If you think your child is being bullied, the most important thing you can do is talk to them about it. Try to:

- Stay calm and let them know you're happy they've told you
- Listen to them and tell them you believe them
- Explain that it's not their fault and it's never ok to be bullied
- Ask them what they want you to do
- Let them know you are there to help them practice responsible ways to respond to bullying

You may also like to contact your school to ensure teachers know about the situation and find out if anything is being done to address it. [DVUSD Bullying Policy & Resources](#)

## There is help available

Visit [www.pacer.org](http://www.pacer.org) for further resources, online activities for kids and more information.

Contact the Vista Peak School Social Worker for additional resources and support.

Jessica Fisher, LCSW

Vista Peak Clinical Social Worker

(623) 445-3900