

The Bullying Project 2018



What children and young people want parents to know about bullying

Children and young people understand how difficult it is for parents and carers to effectively respond to bullying.

Here are some practical suggestions they came up with to raise awareness of what is happening and can help parents respond to bullying in ways that maintain a positive, open and caring relationship with their child.



We want parents/carers to try and understand and look for signs of bullying.

Some of the signs parents should look for as indicators of being either a bully or a child who is being bullied include:

- “staying in room for too long or not interacting with family”*
- “changes in mood or behaviour”*
- “starting to separate from friends”*
- “a bully to brother or sister”*



We want to caution parents not to jump to conclusions about these signs.

But instead, to use them to have more conversations. There may be other reasons for some behaviour and it is important for parents/carers to:

- “have a good relationship with your kids - ask your child how their school-life, friends and school is in general”*
- “talk to your child and communicate with them”*
- “help your kids by listening to their problems”*



We want parents to keep open mind to the possibility their child is a bully, and will likely need help to change this.

They want parents and carers to help their child understand the impact of their bullying behaviour. They want them to talk through with their child what is happening in their life that has caused them to decide to be a bully or to use bullying behaviour.

- “have a talk to your child and find out why she or he is bullying their victim”*
- “get to the ROOT of the issue with kindness and firmness”*
- “explain how making someone feel upset can have serious repercussions”*

Bullying hurts people. There could even be legal consequences in severe situations.

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If we tell our parents about bullying, we want support but not an overreaction that might embarrass us.

Also, when parents/carers refer to what they did when they were children, this is not helpful, as many of their examples are no longer relevant or appropriate.

“Parents usually make situations worse or they don’t fix them at all. This is because they embarrass their child, providing even more for the bully to talk about”.



Parents and carers need to listen to what their child is saying to them and to jointly solve the issue.

It is not helpful when parents/carers react from their own perspective. Some practical things parents might do so that they remain aware of their child’s situation could be:

“checking in regularly”

“watching their grades”

“monitoring online interactions”

“checking in with their friends”

“being aware of social pressures”



We think that bullying is learnt from negative influences and adult role models.

Bullies can change with positive role models who teach them the benefits of kindness and respect toward others.

“Educate your children on how to treat their peers and also don’t be afraid to discipline them. Watch your actions as well, as they will take after you. Make sure you act how you want your child to act”.



Parents and carers have a lot of influence on a child’s behaviour.

Parents need to think about their behaviour. They need to think about what they say about other children and their parents, particularly in sporting environments and on social media.

*“parents b**ching about other parents and their kids, influences the kids to be the same”.*

“the bully may see their parents treating others like rubbish, so they think it’s ok”.



Visit ccyp.com.au to download the full **Bullying Project Report** and Fact Sheets on Bullying Prevention.

Children and Young People aged 10–19 years across the greater Adelaide region were consulted as part of the Commissioner’s Bullying Project (2018). The information in this fact sheet is drawn from their responses.

