

## What Steps Can I Take?

The BIGGEST help we can be as parents is to develop a plan for dealing with a bully. Dealing with a bully is somewhat progressive in nature, so let's view these steps.

**STEP 1** - Tell the person bullying to STOP and walk away. Saying to them, "Don't talk to me that way," and walking away takes away their sense of power.

**STEP 2** - Confront the bully. Talk through a basic script that your child can use when confronted: "It's not OK for you to treat me this way, and I won't let it happen. If you don't stop I will tell an adult."

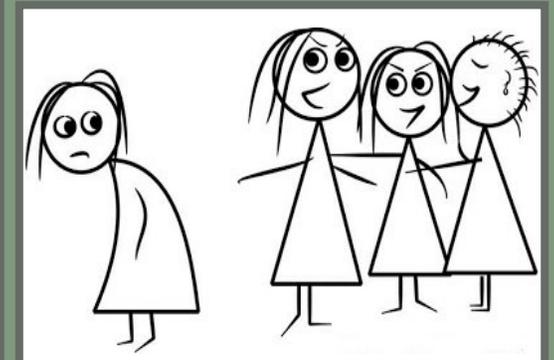
**STEP 3** - It's time to get an adult involved. If it's happening at school explain the situation to the teacher, if it's on the bus speak with the bus driver, if it's on a sports team talk with the coach, if it's a neighbor's child speak with the child's parents.

**STEP 4** - Next, you involve that person's direct supervisor. If the soccer coach doesn't stop the bullying, it's time for the league supervisor to get involved. If the school teacher isn't stepping in, it's time to speak with a principal.

Source: [ministrytoparents.com](http://ministrytoparents.com)

Talking with  
My Child About

## Bullying



## The Concern of Bullying

What will they do? How will they respond? Will they ask for help? Here is the question most parents want to know: What should we do as mom or dad?

The truth is that when our kids face a bully they feel helpless. If we were honest, when our kids face this kind of situation many of us feel those same emotions. We feel alone and wonder why our kids have to face this. The first step to helping your child confront this issue is to realize you are not alone. Research reveals that...

- 1 out of 4 kids are bullied.
- 77% of students are bullied mentally, verbally & physically. Cyberbullying statistics are rapidly approaching similar numbers, with 43% experiencing cyberbullying.
- 1 in 5 students admit to being a bully or doing some "Bullying." Each day 160,000 students miss school for fear of being bullied. 43% of kids fear harassment in the bathroom at school.

As a parent you are not alone, and you can help your child face this with confidence. Yes, it is a challenge, but you and your child can face this head on. One of the key elements to helping your child deal with a bully is helping them have confidence.

The first step to help your child face a bully is to remind them that you will do everything you can to stand with them. They need to know they are not alone! Not only are you with them but this is an amazing chance to remind them that God is with them.

In the Bible we find a leader named Joshua who was facing the hardest challenge of his life, and God told him these words we can help our kids embrace. God told Joshua...

**"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." Joshua 1:9**

This may be the first time your child has to ask God to give them courage! As a parent you can help them see that God is with them even in this challenge. What an amazing lesson to pass on to your kids!

The second step to take is to work with your child to develop a game plan to handle the problem.

Fighting back is not always the answer, but standing strong always is key to facing a bully. Kids can stand strong when they have a plan to follow. The plan may involve

talking with a school counselor. It may be a plan for your child to walk away confidently from the bully and tell them to stop. It might be asking some of their friends to watch out for this problem and stand together. You may need to alert some other adults to be on the lookout for what has been happening. Every situation is different but a game plan will give your child confidence to find a solution.

Remember, this is your moment to show your child how to handle an issue he may face for the rest of his life. We are all adults and we all know bullies that have grown up and continued to bully. Show your kids the way to stand strong now so they know what to do later when they face it all again.

The biggest assurance you can give your child is that God has equipped them to deal with bullying. 2 Timothy 1:7 says:

**"For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment."**

Memorize this verse with your child so they have the reminder that God has given them the power to deal with a bully.