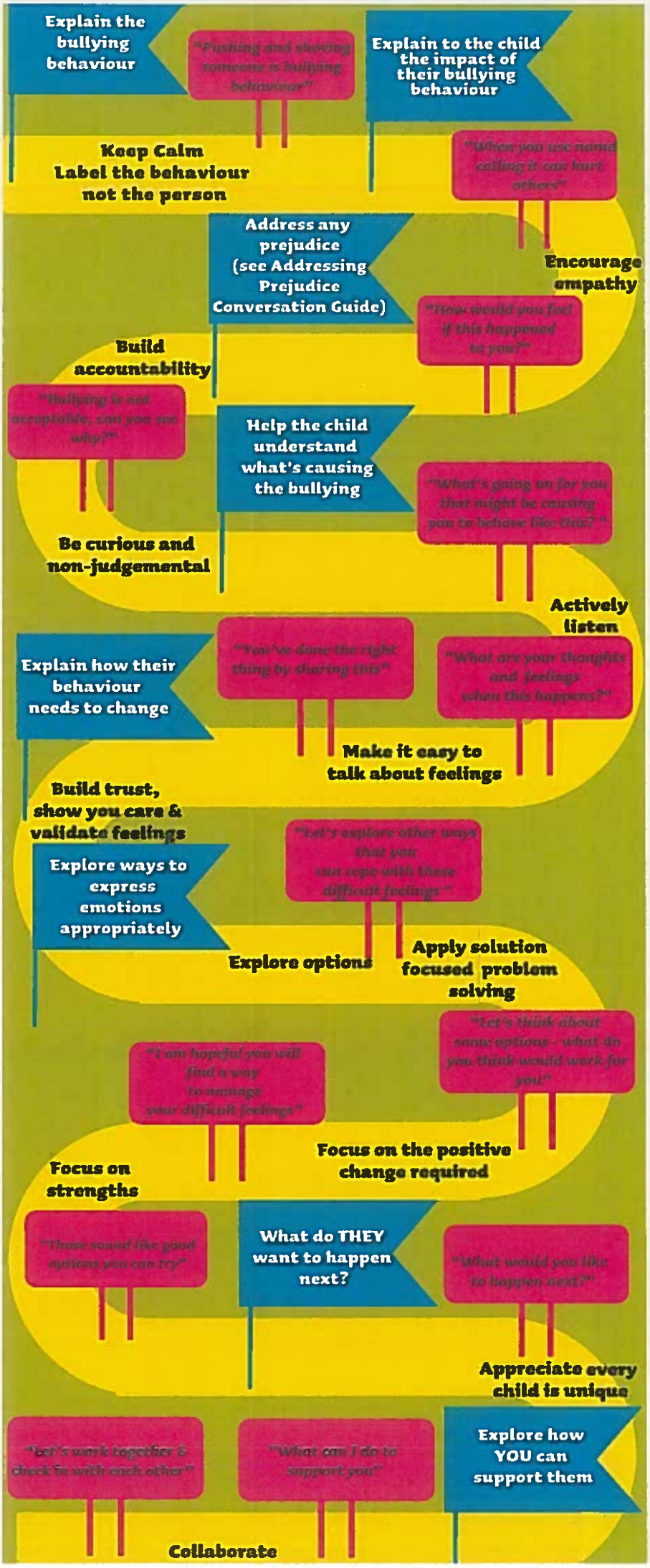
Explain the bullying behaviour
"Pushing and shoving someone is bullying behaviour"
Explain to the child the impact of their bullying behaviour
Keep Calm
Label the behaviour not the person
"When you use name calling it can hurt others"
Address any prejudice (see Addressing Prejudice Conversation Guide)
Encourage empathy
"How would you feel if this happened to you?"
Build accountability
"Bullying is not acceptable, can you see why?"
Help the child understand what's causing the bullying
"What's going on for you that might be causing you to behave like this?"
Be curious and non-judgemental
Actively listen
Explain how their behaviour needs to change
"You've done the right thing by sharing this"
"What are your thoughts and feelings when this happens?"
Make it easy to talk about feelings
Build trust, show you care & validate feelings
Explore ways to express emotions appropriately
"Let's explore other ways that you can cope with these difficult feelings"
Explore options
Apply solution focused problem solving
"Let's think about some options - what do you think would work for you"
"I am hopeful you will find a way to manage your difficult feelings"
Focus on the positive change required
Focus on strengths
"Those sound like good options you can try"
What do THEY want to happen next?
"What would you like to happen next?"
Appreciate every child is unique
"Let's work together & check in with each other"
"What can I do to support you"
Explore how YOU can support them
Collaborate