

TEN WAYS TO DETECT SCHOOL BULLYING

BE APPROACHABLE

If you notice them anxious, ask what is bothering them to calm them down and make them feel comfortable to tell you things.

REINFORCE THEIR SELF-ESTEEM

Help them to develop a positive view of themselves and their idiosyncrasies. This way, they will accept them and feel loved.

ENCOURAGE THEM TO ACT

Teach them to empathise with the victims because silence and indifference are the accomplices of bullying.

INFORM THE SCHOOL

Share the child's situation with school officials so that they can start a support protocol.

SUPERVISE THEIR ACTIVITIES

While respecting their privacy, monitor closely whether they are tending to keep opening and closing social media accounts.

OBSERVE THEIR ATTITUDE

Notice if your child or children are using their mobiles less, react negatively when using it or hide the screen when you come near.

EMPATHISE WITH THE PROBLEM

Share with them how you faced up to difficult situations so that they see that you know how to help and that they are not alone.

TEACH THEM VALUES

Try to make them understand the harm that school bullying causes and remind them of its possible legal repercussions.

CORRECT THEM IF THEY BEHAVE BADLY

Do not let your children use violence to achieve their aims and preach by example.

REQUEST TRAINING ACTIONS

Propose that talks be given at their school or activities organized about school bullying.

Source: Anar Foundation and US Department of Health and Human Services.