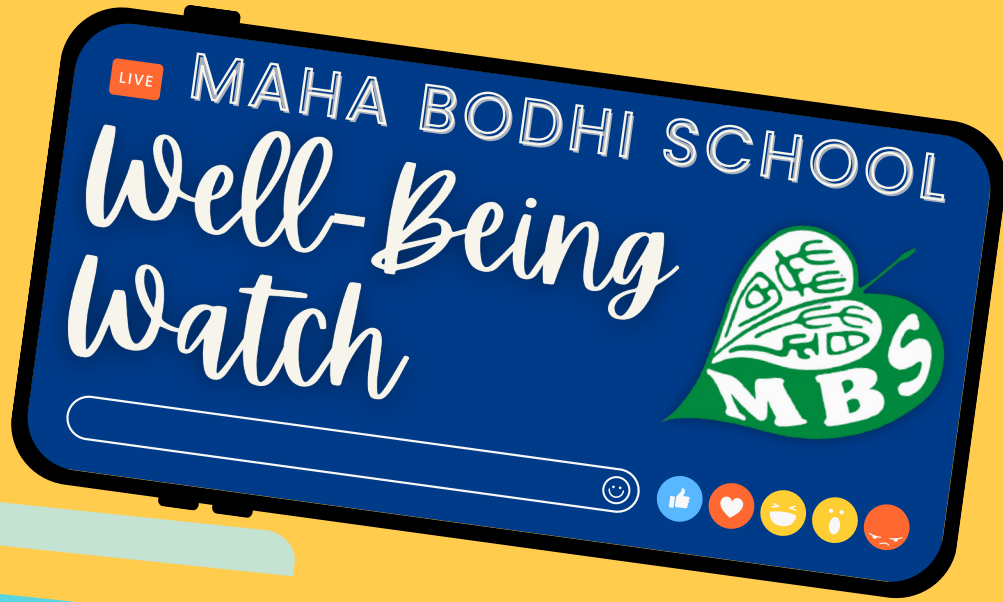


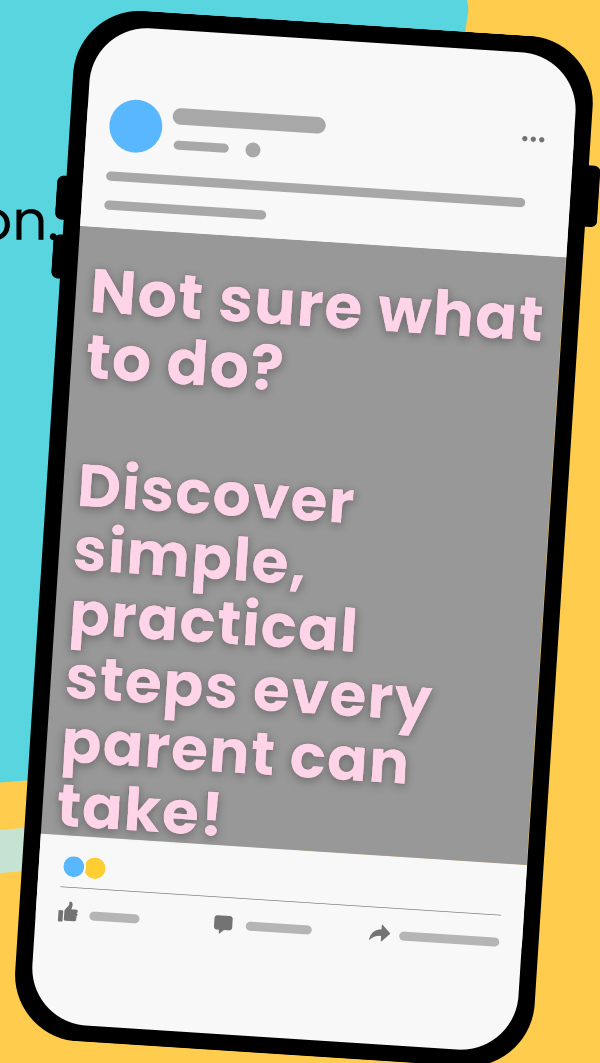


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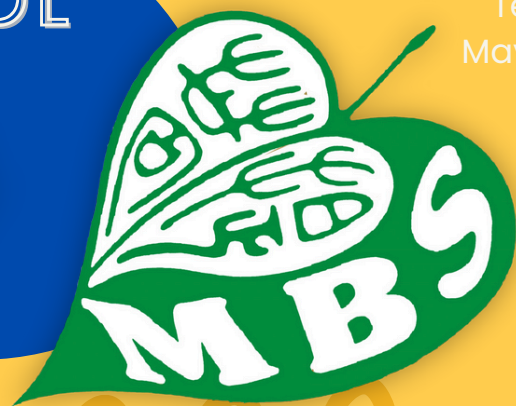
In the last edition, we spotlighted Bully-Free Week school activities that fostered empathy, respect and inclusion.

**In this edition, we turn to the vital role that parents play – What can we do if our child is being bullied or showing bullying behaviour?**



Read this newsletter to learn more!

# Well-Being Watch



Imagine your child coming home upset after being teased in school. You start to wonder – Is this just a normal part of growing up, or is it something to be concerned about?

**Did You Know?**  
GLOBALLY, MENTAL HEALTH AWARENESS MONTH IS OBSERVED IN THE MONTH OF MAY.

FIND OUT MORE [HERE.](#)

## Distinguishing Hurtful Behaviours from Bullying

### Hurtful Behaviours:

- May be one-off incidents.
- Can be unintentional.
- Include insensitive remarks or actions.



### Bullying:

- Involves repeated actions over time.
- Intentional and aims to harm.
- Exhibits a power imbalance between the perpetrator and the victim.
- Bullying can manifest in various forms, including verbal, physical and cyberbullying.



All hurtful behavior will be addressed by the school.

### How can Parents Support their Children at Home?



When a child experiences bullying, it's important for parents to stay calm, provide emotional support, and help strengthen your child's emotional and social skills.

Use the **C.H.E.E.R.** approach to help navigate conversations

You can use **C.H.E.E.R.** to help guide your conversation.



**Calm them down**  
Speak in a gentle tone.



You seem upset. Let's sit down and talk about it.



**Hear them out**  
Lend them a listening ear.



It can be difficult to talk about being bullied. I want to understand how it's been for you so we can figure out what we can do together.



**Empathise with their feelings**  
Acknowledge their feelings.



I see that you have been hurt by their actions. How about using I-Messages\* to let them know that you are upset by what they posted? Sharing how you feel may help resolve any misunderstandings.



**Encourage them to seek help**  
If it seems that the problem is beyond what your child can manage on their own, recommend reaching out for additional support.



It seems like this has been going on for a while and is bothering you a lot. Let's get some help to resolve the matter.



**Reassure them**  
Let them know that you will always be there to support them and listen to their problems.



I'm always here for you. If this happens again or whenever you feel bothered by it, I'm here to listen.

Likewise, when a child has bullied or hurt someone, parents can do the following:

### 1. Address the Behaviour: Discuss the impact of their actions.



Try to gain a better understanding of what happened. **Find out from your child why they acted in that way.** Some questions to ask could include – (1) What was going through your mind during that incident? (2) Is there a better way to approach the situation?



**Use “I-Messages”** to let your child know that bullying is unacceptable and how you feel about their behaviour. E.g. “I feel disappointed that you posted mean things about your classmate”; “I am glad you realise it is not right to bully others.”

### 2. Encourage apology and continue to monitor closely



**Explain and enforce consequence for wrong behaviour.** Encourage your child to apologise for their behaviour and parents may want to consider imposing consequences (e.g. taking away devices for a specified duration of time). Be firm and follow through with the imposed consequences.



**Monitor your child’s online activities.** Ensure that your child does not continue or repeat bullying behaviour. Parents can use in-app parental controls or safety features to aid in monitoring your child’s online activities

## Resources for Further Support



[Ministry of Education's website– “How MOE and schools manage bullying and hurtful behaviour”](#)



[Parenting with MOE](#)

