

Responding to bullying behaviour

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Conversation Guide

When a child/young person has bullied someone else



Conversation flowchart: When a child/young person has bullied someone



Explain the bullying behaviour

Keep Calm.
Label the behaviour not the person

"Pushing and shoving someone is bullying behaviour"

Explain to the child the impact of their bullying behaviour

"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?"

Build trust, show you care & validate feelings

Make it easy to talk about 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

"I am hopeful you will find a way to manage your difficult feelings"

"Let's think about some options - what do you think would work for you?"

Focus on strengths

Focus on the positive change required

"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