



If your child is bullied, do the following

For parents

- Pay attention to **changes** in your child's emotions and behaviour.
- **Inform the school immediately** if you see or find out that someone is being bullied at school.
- You can also report **bullying that has happened during free time** if you think it may affect your child's school attendance. Also bring it up in discussions with the other parents concerned.
- Although you are worried about your child, **try to think how the issue could be resolved well** also from the point of view of the other children involved.
- If your child has been bullied, **support your child**. Encourage your child to talk about his/her experiences when the matter is dealt with at school.
- **If your child has taken part in bullying**, support your child in discussing the matter with teachers and the other children who were involved.

You can prevent bullying in advance in the following ways:

- **Talk** about bullying and its different forms with your child. Also talk about your child's friendships at school, during freetime and online.
- **Familiarise yourself with the digital and social environments** that your child uses.
- **Practice** media skills and the moderate use of social media and other technologies together with your child. If necessary, **limit** the time your child is allowed to spend online. **Teach** your child to behave in a friendly and appropriate manner also when online.

Did you know that:

- Your child is entitled to **psychologist's and school social worker's services and to school health services**. The specialists in these services also provide guidance to the parent.
- You have the **right to receive information** about your child's school attendance and wellbeing at school.
- Sometimes bullying leads to **disciplinary or intervention measures, or criminal sanctions**. If this happens, there are certain legal routines that must be followed when hearing those parties who have been involved in the bullying, or when the parents are informed.



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