

FREE OF BULLYING



Encourage your child to play with different people in and out of school



Children knowing each other well strengthens their feeling of belonging and prevents bullying. Inviting people to visit with whom your child does not interact with very much helps to create a feeling of belonging to everyone. Moreover, it provides an opportunity for your child to practice interacting with different kinds of people.

Encourage your child to support those who are not capable of defending themselves



Children who have been left out of a group for one reason or another need help from their classmates and invitations to participate. Give positive feedback when your child helps someone who is feeling left out or requires urgent assistance. Children are capable of standing up for themselves or saying "stop" to become mentally stronger. Acknowledge and encourage caring and respectful behavior, tolerance, and bravery to create habitual models that prevent bullying.

Be open-minded and supportive with other parents



It might be difficult for a parent to acknowledge that their child is unhappy at school and lacks someone to play with or the support of others. It is easier to talk about your concerns when others are open-minded and empathize.

FREE OF BULLYING



Be communicative and supportive when your child is feeling sad



Conflicts are unavoidable in human relations. Therefore it's important to teach your child to acknowledge and solve conflict situations and to control their emotions. Respect your child's emotions, let them speak, and listen. Mirror your child's feelings and try to convince them that you will find a solution together. Do not do anything without discussing it first jointly. Keep in mind that all things that happen are open to several interpretations. Always explain to your child that bullying is not acceptable.

Engage in the digital practices of your child



Children need guidance in how to behave in the virtual world and what are the risks accompanying the opportunities it offers. A parent who wants to participate actively in their child's life should be willing to offer guidance to their child when navigating the virtual world and to have acquired the required skills to do so. The habits of good companionship also apply to the virtual world: be respectful, tolerant, and brave when required to defend a person who is not capable of doing so themselves.

Create a habit of celebrating important events



Parties are important to everyone. Not being invited or not showing up can hurt feelings. When you organize a birthday party or some other celebration for your child, make an effort to invite either the whole class or all the boys or girls. Find a way to celebrate, hand out invitations and discuss events in a way that the ones left out do not feel rejected. If your child is invited to take part in a celebration, make sure he or she can participate.