



**Talking to your child's school about:**

# **Aggression and Bullying**

**The Ophelia Project works with schools to address bullying and relational aggression. Rather than providing services for individual students, The Ophelia Project works with administrators, teachers, parents, and students to create safe social climates in their schools.**

## **My child has been bullied or witnessed aggression. How can I approach my child's school?**

- Get the facts from your child. Keep your cool and calmly encourage your child to truthfully describe the situation.
- Anger, outrage, or sadness may understandably be your first reaction. By speaking with school personnel in a calm, rational tone you present yourself as a caring, responsible parent who has the best interests of both your child and the school at heart. Blaming and pointing fingers at this early stage may make the school less receptive to hearing your concerns.
- Have a "How can I help?" attitude. Start a conversation with your child's teacher about his or her observations. Follow up with the teacher to discuss progress before approaching the school administration.
- Keep notes of your conversations with teachers and administrators, as well as documenting incidents that you observe or hear about from your child.

## **How can you help your child's school become a safer social climate?**

- Develop positive ongoing relationships with your child's teachers and the school administration. This will pave the way for the school respond more positively when difficult situations arise.
- Educate yourself on relational aggression and bullying. Having an understanding of the roles in aggressive situations and how to describe aggression will make it easier to talk about it with school staff.
- Involve other parents proactively! Reach out to other school parents to talk about bullying, set up discussion circles or book clubs, and research prevention and intervention programs. Invite school staff to your meetings.
- Offer to help set up a committee of parents and teachers to address bullying, and to engage in fundraising activities (including grants) to bring Ophelia Project training and programming to your child's school.



**We are dedicated to creating safe social climates!**

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