

# IF YOUR CHILD REPORTS BEING BULLIED...

Listen to your child and write down what they share with you.

Confirm that the behavior is bullying (occurring multiple times with the intention of being hurtful). Reassure your child that they did the right thing by telling you. Ask if they have told anyone at school or if any adults have witnessed the bullying.



Reach out to someone at the school your student identifies as someone that can help. Consider the school counselor, a teacher, an administrator, the school nurse, or perhaps an anonymous bullying reporting tool. Keep in mind that Virginia State Law requires principals or their designees to notify the parent of any student involved in an alleged incident of bullying within 24 hours of learning of the allegation of bullying. ([§ 22.1-279.6.](#))



Your child, you and a representative from the school should develop a plan to address the bullying and keep your child safe. If an anonymous bullying reporting tool was used then you and your child will need to develop the plan.



Follow up with your child to see if the issue has been resolved.



**yes!**

The issue has been resolved.  
Mark your calendar to ask your child about it again in a week or two.  
Celebrate them for speaking up.



**no!**

The issue has not been resolved.  
Ask for another meeting to revisit the plan. Consider if additional staff members need to be involved.