

Parent Frequently Asked Questions:

- **Why do kids get bullied?**

Kids bully for different reasons; they are hurting, they are jealous of the targeted child, prevents them from being bullied by others, lack of attention at home or they too are being bullied.

- **What is the difference between bullying and teasing?**

Teasing takes place within a strong relationship. The teaser will use a joking tone and will be smiling. Teasing is non-threatening and harmless. The person being teased shows no signs of distress whatsoever. Everyone is participating willingly. When bullying occurs there is a power imbalance, it occurs repeatedly and the "teasing" is intentionally meant to hurt or upset someone.

- **How do I monitor my child's phone, computer, and other devices?**

Educate yourself about your internet usage, phone plans, and how to best utilize parental controls. Learn the apps your child is using, who they are communicating with online, and changes in their behavior while using their device. Cyberbullying is something that occurs often and most times, without you knowing about it, that is why monitoring is a must.

- **How will bullying now impact my child later in life?**

When your child experiences bullying, that is a form of trauma and abuse. Childhood trauma and abuse can have links into adulthood, both positive and negative, but don't worry! Understanding your child may have setbacks later, by processing now, you will equip them for the future.

If you would like to schedule a free Put An End To The Bullying Session with me, please schedule at:

[Calendly.com/freedomfrombullying.com](https://calendly.com/freedomfrombullying.com)

**Website: www.freedomfrombullying.com
Email: kd@freedomfrombullying.com**

- **How do I talk to my child if I suspect they are being bullied?**

You want to begin by having subtle conversations with your child. Do not sit them down and ask "Are you being bullied?" The answer will almost always be "No." Here's where the subtle questions come in to play. While you are spending time with your child, while engaging in their favorite activity, ask questions, and get your child talking about their social situation. Be a good listener and be slow to react. Ask questions as the conversation continues. If your child has stated a problem, lightly press for more details. Never tell your child "I understand," even if you were bullied. No one knows how your child is feeling or how they are experiencing, interpreting, and processing the bullying. They need to see you as stable and strong and able to help them through this situation.

- **Is healing from bullying possible and what does freedom from bullying look like?**

Absolutely! It is 100% possible. It's a healing process in itself. Freedom from bullying allows your child to live their life knowing they are not defined by other people. Together we will work at building their self-confidence and gain the self-satisfaction of knowing he/she worked through the bullying, and they are stronger when/if confronted again. Your child will have the skills and tools to handle any bullying situation should it arise again, without negative repercussions to themselves.

- **How long will this process take for my child to gain freedom?**

When working with me, on average, 6 months to gain freedom from their bullying situation. Some children might take longer or shorter time due to the severity and length of the bullying.

- **Is there something I can do to help my child being bullied?**

Ensure you have opened the door of communication with your child so they are comfortable discussing the bullying situation. Remind them it's not their fault, and don't assume it's normal peer interaction and it'll work itself out. If they are at immediate risk of harm, call 911. You have options: You can schedule a free Put An End To The Bullying Session at [Calendly.com/freedomfrombullying](https://calendly.com/freedomfrombullying), seek a local counselor or mental health professional.

- **If I know my child is being bullied, how often should I check in with my child?**

Daily, but remember to use friendly and indirect questions. It is done with subtle questions about their day, positive things that occurred, and asking them if they need any help with something.

- **How do I involve the school? What if they don't help?**

Start with your child's teacher. If that does not solve the problem, then reach out to the following people in order of:

Counselor > Principal > Superintendent > State Dept of Education. Review your state laws on your child's rights, state laws, and community resources. If you would like more support on this, I would be happy to help you. Please contact me at kd@freedomfrombullying.com