

## **BEING THE RIGHT ADULT**

- 1. Listen to the victim. Let them know that you believe in them. Support them.**
- 2. Keep a record. Write down as much detail about what the child told you as possible. Note any injuries that the victim may have.**
- 3. Try to help the victim think of solutions to the problem. It may take several different solutions before you find one that works.**
- 4. Work out a safety plan for different places that they may have to go. Things they can do and places where they can go to be safe.**
- 5. Involve the victim's friends and siblings so they can help. They can make sure that they stay close to the victim on the way to and from school or even at school. There is safety in numbers.**
- 6. Help the victim to recognize that they are a good person. Point out their good attributes. Also, that they have the right to be treated with dignity and respect. Remind them that the bully is the person who is wrong and needs help.**
- 7. Let them know about other services that are available to them such as the websites on the Internet and the Kids Helpline – 1-800-668-6868.**
- 8. Teach them to identify bullying and to get help. Help them understand why people bully other people.**
- 9. Remember, if the bullying becomes criminal in nature, the Police can intervene and help solve the problem.**
- 10. Do not try to intervene with the bully yourself. You may make the situation worse. Report it to professionals such as teachers, counselors or the Police and let them handle it.**
- 11. There is also places that you can get help on the Internet and the Parents Helpline – 1-888-603-9100.**