CHECKLIST

Parent checklist: Responding to suspected bullying

- [ ] Notice patterns rather than single incidents—withdrawal, school avoidance, mood changes
- [ ] Choose a calm moment to ask how they're feeling about school
- [ ] Listen without offering immediate solutions or dismissing their concerns
- [ ] Write down what they share, including dates and any names mentioned
- [ ] Contact the school to arrange a face-to-face meeting
- [ ] Ask your child what would help them feel safer
- [ ] Look into activities outside school where they can meet new people
- [ ] Follow up with the school to ensure action is being taken