

Responding to bullying behaviour

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Conversation Guide

When a child/young person has been bullied



Conversation flowchart: When a child/young person has been bullied



What's been happening/ has happened?



Be curious and non-judgmental

"I really want to help so why don't we talk about what's been going on for you?"

"I'm here to listen and support you as best I can"

"I hope you can trust me that I'll do my best to help you"

Build trust

Show you care

Actively listen

"Tell me more about that..."

How has this been making you feel?

Make it easy to talk about feelings

"What you're describing is bullying behaviour and bullying is never acceptable"

"It's ok to not be okay"

Validate feelings

What do you want to happen?

"Let's think about some options- What could you try that would make you feel more in control?"

Appreciate every child is unique

Focus on strengths

What would you like me to do to help you?/ What do I need to do about it?

"I know that you can get through this and things will get better"

Apply flexible problem solving

"What are the pros and cons of doing that?"

"Let's work together to get this resolved. How can I best support you?"

Collaborate

