



Parents' Solutions to Social Conflict

Core Concepts and Tips:

1. Talk about bullying, relational aggression, social conflict “drama”, and teasing before it happens. Let your child know that you can talk about this type of behavior. You want to create a safe place for your child to share.
2. Try to find out what happened and the kids involved. Remember there are two sides to a story and you want to be informed. This is difficult because relational aggression and social conflict are hurtful. You want the most accurate description of the situation.
3. Teach your children to speak up and tell a trusted friend or an adult about the situation as soon as it occurs.
4. Model appropriate behavior. Avoid gossiping with parents about the incident. Your child might be embarrassed about the situation. You want to protect your child and be a trusted source.
5. Explain the difference between tattling and telling. Tattling is when a student tries to get someone in trouble. Telling is when a student tries to keep someone from getting hurt.
6. Get to know the parents of your child's friends. Developing a strong support system and communication helps resolve these situations.
7. Learn about online safety and navigating social media sites. Understand the power of technology. When cyber drama, conflict, or bullying occurs you will know how to tackle these incidents.
8. Teach your kids about self-esteem and resilience. The more they can protect themselves from these negative behaviors, the more likely they will develop strong healthy relationships with peers and adults.
9. Learn about your child's interests, friends, and hobbies. The more you know about your kids the better you can help address these difficult situations.
10. Seek support from Bulldog Solution as well as your school. We are professionals and can help you face the situation. Do not take the situation into your own hands. We are here to help develop a safe learning environment. You are not alone!

Remember bullying is part of a negative behavioral spectrum. It is not a word that encompasses all the bad interpersonal conflict. The more you know the better you can find the best strategy to help your kid.

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Be Strong  Be Brave  Be a Bulldog