BUILDING CHILDREN'S RESILIENCE TO POSITIVELY RESPOND TO BULLYING



Why Building Resilience Matters

Not all unkind behaviour is bullying. Bullying is intentional, repeated behaviour designed to cause distress. Helping children understand what they can do to help manage their own thoughts, feelings, and responses can help strengthen their confidence and independence:

- Learn to express themselves
- Identify clear personal boundaries
- Develop empathy
- Strengthen relationships with family and friends

What Helps Children Build Inner Strength

There are lots of ways to build inner strength. Helping children realise they are in control of their internal self allows them to realise they can ***choose*** how to react or respond. Being mindful of responses can help children regulate themselves.

Self-regulation is an important skill to manage, and removes the response a bully can seek.

Every Day Tips For Children

At Home

- Listen, validate, & help them feel valued and heard
- Coach your child with questions to find their own solutions
- Role play assertiveness and neutral responses, to help them regain control over their emotional state
- Create a 'reset button' your child can mentally press, something joyful or powerful
- Encourage strength-based hobbies outside school
- Help children lean into existing friends/buddies
- Encourage your child to tell a Weldon Educator

At Weldon OOSH

- We'll schedule activities that 'reduce rumination'
- Daily 'OOSH Reset' at the start of every session to help emotional regulation and transition to a safe space
- Encourage participation in sports/extracurriculars/ activities that help children feel positive & connected

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