

Start a conversation about bullying

Start by listening

Choose a calm moment and ask about a specific part of the day: "Who did you sit with at lunch?" or "Was there a time you felt left out?" Give your child time to answer. If they describe being hurt or excluded, thank them for telling you and explain that it is not their fault.

Avoid promising to keep everything secret. Explain that you may need help from another adult to keep them safe. Ask which teacher or other trusted adult they feel comfortable talking to.

Plan a next step together

1. Write down what your child tells you, including when and where it happened.
2. Contact the responsible teacher or school staff member and share your concerns privately.
3. Ask what steps the school will take and agree when you will check in again.
4. Keep listening after that first conversation; ask whether the situation has changed.

For educators: make support concrete

Children need to know whom they can approach and how to ask for help. Explain your classroom's reporting route in language students understand. Listen privately to the children involved and follow your school's response procedures. Avoid asking children to describe a personal incident in front of the class.

Help classmates practice safe ways to include others: invite someone to sit with them, check in after an upsetting incident, or get help from an adult. A child does not have to confront someone or put themselves at risk to support a peer.

These resources are educational. Outnumbered does not provide counseling or handle school incident reports. For an individual situation, speak with the child's caregiver and responsible school staff.