

WORKSHEET

# BULLY PROOF YOUR CHILDREN

AND WHAT TO DO IF  
THE BULLY IS YOURS



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## BULLY PROOF YOUR CHILDREN

### AND WHAT TO DO IF THE BULLY IS YOURS

Bullying is a significant challenge that many children will face before their school years are completed. It is also a painful and significant challenge for parents! Bullying can be heartbreaking for children and parents alike.

On the other hand, some parents have the equally troubling challenge of dealing with the fact that their child is a bully.

**Answer these questions to gain a better perspective of how to help your child overcome bullying directed against them.**

2. What signs of bullying is my child showing? Do I know the cause of these signs?

3. What is my plan of action to help my child? Have I contacted the school?

4. What can I do to help make my child more bully-proof in the future?



3. What do I believe are the reasons for my child to be acting this way?

4. What is my plan to help my child?

Note: Professional help can greatly benefit both children and parents. This provides the child a safe environment to overcome emotional and mental blocks so they can gain confidence.