

Raising Resilient Children



- Be a consistent source of support and love for your child
- Play an active role in your child's education and talk about the importance of school
- Give your child the opportunity to have input during family decision making
- Teach your children about values such as honesty, integrity and responsibility
- Ensure all adults are positive role models for the child
- Encourage participation in fun, creative activities, both independently and with the family
- Help your child to feel safe at school and ensure a sense of belonging
- Assist your child in learning to identify dangerous situations where they would need help from an adult, and how to seek out the help that is needed
- Teach your child to resolve conflict in a positive way, without name calling or getting physical



Raising resilient children will help equip them with the skills they need to deal with bullying, whether they are the target of bullying or a bystander to the bullying.