
PARENTING SCRIPT #1

'A CONVERSATION ABOUT BULLYING'

THE RESOURCE

Having conversations with your pre-teen or teen about difficult topics or during difficult situations is not easy as parents. Often you don't know what to say or even how to say the things you want to say. Maybe it is a conversation your own parents never had with you.

Here is a "parenting script" of a conversation on one of these tough topics, "bullying". It is a difficult topic, especially when it comes the pre-teen and teen years, as it is often more than just a physical thing. It is very much a social issue as well. This is simply a helpful example for you to see how a conversation might go to empower you to have your own conversation with your child.

THE SCRIPT

[PARENT]

Hey, I noticed you haven't been yourself lately.

Really? Because you have been coming home from school quiet and kind of a bad mood.

I noticed you haven't been hanging around your friend recently. Is everything okay with them and you?

Oh really? How so?

What happened?

Are they not hanging out with you?

[TEEN]

I'm fine...

Everything is fine!

They are just being weird lately.

We just haven't been hanging out anymore.

They just have a different group of friends that is all.

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THE SCRIPT CONTINUED...

[PARENT]

[TEEN]

What kind of stuff?

No, not as much, and they put some stuff online about me too.

What happened?

They said some stuff about my clothes, and that I didn't fit in their new group. They put it out for a bunch of people to see. There was a pile of comments from their new friends making fun of me.

Can I see?

They deleted all of it.

Is that all that has been going on?

Well...

Yes, go on.

At lunch the other day, they stole my lunch while I was up getting a napkin.

Did you get it back?

No, they threw it all in the garbage and then laughed about it.

Oh, okay. I am sorry to hear that. What do you think we or you should do?

I am not sure. That is why I haven't been saying anything about it to you. I don't want you to come to school and embarrass me.

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THE SCRIPT CONTINUED...

[PARENT]

No, I will not come to school unless you want me to come. You are at an age when you have to advocate for yourself with your teacher or counselors. I will only step in if I have to or you ask me, but we still need to talk about this.

Are you comfortable talking to the school counselor?

Unfortunately yes. I think everyone goes through stuff like this in one way or the other during the middle school or high school years.

I talked to the person about it. I felt kind of weird doing it, but it actually worked out. I know that is not always the case, but it was worth it.

Yeah, you never know what is going on with them. There is a ton of pressure to be accepted. Sometimes people just do dumb stuff to be accepted. I think it is important to think about your witness through this whole thing in how you react. I am proud of how you are reacting.

[TEEN]

Thanks I appreciate that.

Yeah, I guess so. I just don't want to a baby about this or have people think I am a tattletale. Did you ever go through stuff like this when you were my age?

How did you deal with it?

I might try that first before I do to the counselor. I might even try to text them, if that is cool.

Thanks, I am going to take some time to pray about them tonight before I text them...

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HELPFUL BIBLE VERSES

to share as part of your conversation...

- 1** *Leviticus 19:18*
You shall not take vengeance, nor bear any grudge against the sons of your people, but you shall love your neighbor as yourself; I am the LORD.
- 2** *Proverbs 15:1*
A gentle answer turns away wrath, But a harsh word stirs up anger.
- 3** *Romans 12:17*
Never pay back evil for evil to anyone Respect what is right in the sight of all men.