

# How to Support Your Child If They're Being Bullied



**How would you react?  
Would you say:**

"It's normal for kids to tease each other, don't be too sensitive and just walk away or ignore them."



"It is unfair, but you shouldn't make a scene and cause trouble. Just focus on your studies."

These kinds of responses may **make your child feel like you did not completely hear or understand their feelings**. The bullying also might not stop, which may lead to your child being afraid to go to school.

They also let your child know that you are supporting them and will **help them find solutions** along with their teachers and other trusted adults who are responsible for their safety.

Asking your child more **open-ended questions** also helps show them that **you're listening** and want to know more:

**What if your child came home one day and told you they were being bullied by their classmates?**

Perhaps they were being called **bad names, threatened, teased or tormented with sarcastic comments**, in person or on social media.

**Instead, try this:**

"Bullying might make you feel different or ashamed of something you cannot control, but our cultural background is something to be proud of."



"We'll talk with your teacher and principal and make sure they know this is happening, so they can help you."

"Thank you for telling me about this, I'm glad you trust me and are sharing this with me."

This kind of communication helps your child feel safe and encourages them to share any issues they might be facing.



"How do you feel about that?"

"What would you like to do now?"

# Who to Reach Out to If Your Child Is Being Bullied



## Your child's school administration

If you notice signs of distress in your child, don't hesitate to reach out to the school's guidance counselors or psychologist.

For more information from NYC Public Schools, you can learn more on [their website](#).



## Community Partners

There are also community-based organizations in New York City that provide parenting guidance and mental health services in your language. Connect with the organizations below to learn more about how you can support your child's well-being and set them up for success – not just in school but also in life.

**Arab American Association of New York**  
Call to make an appointment (718) 745-3523

**Council on American-Islamic Relations, New York**  
Call (646) 665-7599 or email [info@ny.cair.com](mailto:info@ny.cair.com)

**Garden of Hope**  
Call the hotline (877) 990-8595 (9-5pm, Mon-Sat)

**Hamilton-Madison House**  
Call the hotline (212) 720-4540 or leave a message at (212) 349-3724

If you live in New York, here are some resources to turn to:

## Mental Health Directory

You can browse the Asian American Federation's mental health directory to connect with hundreds of providers who between them speak 19 Asian languages. The directory also features providers who are specially trained to support children.



[mhd.aafederation.org](http://mhd.aafederation.org)

**Korean Community Services of Metropolitan New York**

Call (718) 366-9540 or email [infokcsmhc@kcsny.org](mailto:infokcsmhc@kcsny.org)

**Sikh Coalition**  
Call (212) 655-3095

**South Asian Council for Social Services**  
Call (718) 321-7929 or email [sacss@sacssny.org](mailto:sacss@sacssny.org)

**Sapna NYC**  
Call (718) 828-9772