Ten ways to detect **school bullying**

Observe their attitude
Notice if your child or children are using their mobiles less, react negatively when using it or hide the screen when you come near.

Be approachable
If you notice them anxious, ask what is bothering them to calm them down and make them feel comfortable to tell you things

Empathise with the problem
Share with them how you faced up to difficult situations so that they see that you know how to help and that they are not alone.

Reinforce their self-esteem
Help them to develop a positive view of themselves and their idiosyncrasies. This way, they will accept them and feel loved.

Teach them values
Try to make them understand the harm that school bullying causes and remind them of its possible legal repercussions.

Encourage them to act
Teach them to empathise with the victims because silence and indifference are the accomplices of bullying.

Correct them if they behave badly
Do not let your children use violence to achieve their aims and preach by example.

Inform the school
Share the child's situation with school officials so that they can start a support protocol.

Request training actions
Propose that talks be given at their school or activities organized about school bullying.

Supervise their activities
While respecting their privacy, monitor closely whether they are tending to keep opening and closing social media accounts.