

Relational Aggression: Who Can I Talk To?

If your daughter is experiencing difficulty with bullying or social aggression, CALM YOURSELF FIRST, and process your own reactions.

Then you can effectively...

Talk with your daughter

- ❖ Use active listening and empathy
- ❖ Help her solve the problem rather than solving it for her
- ❖ Brainstorm solutions
- ❖ Teach conflict resolution skills
- ❖ Role-play assertive communication

Talk with other parents

- ❖ Check with your daughter first
- ❖ Don't blame other girls or parents; work collaboratively
- ❖ Identify other parents who can be a resource
- ❖ Form a parent support network

Talk with the school

- ❖ Check with your daughter first
- ❖ Be calm and informed
- ❖ Ask for policies to be developed and enforced
- ❖ Support teacher training

Talk with a professional

If the above strategies are not helping, or if you notice any of the following symptoms or behavioral changes:

- ❖ Talking of wanting to die or no longer live
- ❖ Sleeping more or sleep disturbance
- ❖ Avoiding school or social events
- ❖ Eating more or refusing to eat
- ❖ Restricting eating, binge eating, or purging
- ❖ Isolating self from friends
- ❖ Choosing friends from a crowd of kids who are getting in trouble
- ❖ No longer taking pleasure in previously enjoyed activity
- ❖ Dropping grades in school work
- ❖ Excessive or maladaptive drug or alcohol use

