



My child is being bullied at school — what can I do?

This tip sheet will provide information about what to do if your child is being bullied at school.

Talk with your child

Find out what is going on and ask your child how they want it to be addressed. As you listen, try not to overreact when they tell you what is happening. Emphasize that bullying is not their fault and assure them that you will help them make it stop. Collect details about the bullying behavior to report to the school.

Notify the school

Notify the school in writing about the bullying. Include the facts about what happened: when and where it took place, if it was in school or online, who is involved, and the impact it has on your child. Focus on the facts, not your feelings. Minnesota law requires that all public schools have a bullying prevention policy. Review a copy of your school's policy and keep a record of all your communication with the school.

Know your child's rights, then advocate

Students with disabilities are protected from bullying by federal and state law because it may deny their right to a Free and Appropriate Public Education (FAPE). As a result, schools need to prevent and address the bullying of a student with a disability.

Ask for a meeting with the school principal, dean, and/or your child's Individualized Education Program (IEP) team to make sure the bullying stops and does not happen again. Get a plan in writing so you and the school staff can review it if it's not working.

Visit PACER's National Bullying Prevention Center at: pacer.org/bullying. See the "Students with disabilities" section for more information about bullying prevention for students with disabilities.