

Bullying can be difficult for children and young people to talk about, whether they are experiencing it, seeing it happen to someone else, or becoming involved in behaviour that hurts others. For parents and carers, knowing what to say or do can be challenging, particularly as friendships and peer relationships become increasingly important as children grow.

Tooled Up has a range of resources to help you talk to your child about bullying, friendships and positive relationships, including some of the challenges that can arise.

Friendships naturally have their ups and downs, and a simple disagreement can occasionally develop into something more serious. Our resource [Unkindness, Conflict and Bullying: What is the Difference?](#) helps parents understand the differences between unkindness, conflict and bullying, with age-appropriate tips for children at every stage.

If your child encounters harmful or prejudiced talk among their peers, [Supporting Your Child to Step Away From and Challenge Harmful Talk](#) offers practical advice to help children recognise and challenge it, or step away from it when needed. It also helps parents understand how to respond if their child has joined in with, or used language that puts others down.

[Raising a Positive Bystander or 'Upstander': Five Things Parents Need to Know](#) **looks at how family life can encourage children to stand up for others.** It explores how values, everyday conversations and gentle encouragement can help young people speak up when they see something that doesn't feel right, while recognising that doing so can take courage.



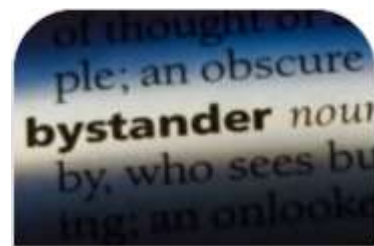
Unkindness, Conflict and
Bullying: What is the
Difference?

Tips to Try



Supporting Your Child to Step
Away From and Challenge
Harmful Talk in Their Peer
Group

Article 5 minute read



Raising a Positive Bystander
or 'Upstander': Five Things
Parents Need to Know

Tips to Try 4 minute read

Remember to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#) and [LinkedIn](#).