家長都不希望子女受人欺凌，或欺凌他人！及早發現及處理，有助解決問題。

何謂欺凌？
一般來說，欺凌是指持續惡意地傷害或欺壓別人，可以是以強凌弱，可以是以眾欺寡，欺凌是嚴重的行為問題，必須正視及立刻處理。

一切從觀察開始
如果發現子女有以下情況，可能會受到欺凌：
- 放學回家校服不整或破損，書本破爛或身體受傷，但無法作合理解釋。
- 很少與同學回家，很少與同學聯繫或與同學聚會。
- 害怕上學，不願上學。
- 要求家長陪同上學。
- 改變原來的上學路線或交通工具。
- 情緒困擾，例如：哭泣、睡眠不寧及發怒。
- 在家偷取金錢，或向家人索取額外金錢。

如果發現子女有以下情況，可能曾欺凌別人：
- 歡喜支配別人的行為。
- 以針對他人為樂。
- 脾氣暴躁，衝動，易怒。
- 紅脣出外活動。
- 突然擁有來歷不明的物品或金錢。
- 欺凌兄弟姊妹。

若懷疑子女涉及欺凌，您可以：
- 訪時間與子女交談。
- 引導子女說出真相。
- 耐心聆聽他／她的說話。

防患未然的方法
- 多與子女溝通，建立良好的親子關係。
- 了解子女的學校生活，尤其是與同學相處的狀況。
- 認識子女的同學。
- 與校方保持緊密的聯繫。
- 教導子女欺凌是不可接受的行為。
- 鼓勵子女，若受欺凌要向老師及家長求助。
- 教導子女，若目睹有人受欺凌要告訴老師。
- 營造一個和諧的家庭氣氛，並以身作則，嘗試易地而處了解別人的想法，以理性和平和的態度處理個人情緒及人際衝突。

設了解更多，歡迎瀏覽教育統籌局網頁www.edb.gov.hk
如有查詢，請電教育統籌局熱線2891 0089與有關區域教育部門聯繫。
No parents want to see their child become a bully or a bullying victim. Early detection and prompt intervention can help solve the problem.

What is bullying?
Generally speaking, bullying is defined as a deliberate, aggressive, hurtful act that is often repeated over time and is difficult to defend against. Bullying is a serious behavioural problem requiring immediate attention and prompt intervention.

Signs of bullying
The following signs and behaviour may indicate that your child is a bullying victim:
- Returns home from school with a torn or dishevelled uniform, damaged books or injuries that cannot be given a natural explanation.
- Rarely brings friends home, attends social gatherings or initiates social contact with classmates.
- Appears afraid and reluctant to go to school.
- Requests a parent's company when going to school.
- Changes usual route or means of going to school.
- Displays signs of emotional disturbance such as weeping, restless sleep or nightmares.
- Requests or steals money from family.

The following signs and behaviour may indicate that your child is a bully:
- Likes to manipulate and control others.
- Enjoys picking on others.
- Appears hot-tempered, impulsive and easily provoked.
- Gangs up with others to feel more powerful.
- Possesses things or money from an unexplained source.
- Bullies siblings.

What you can do to stop bullying
- Spend time with and talk to your child.
- Encourage your child to tell you the truth.
- Listen to your child patiently.
- Keep calm and be a mature role model.
- Should not tolerate, emphasise that bullying must be stopped at once.
- Teach your child the consequences of bullying.
- Demonstrate that you will solve the problem together with your child.
- Contact teachers or social workers to clarify the situation.
- Co-operate and collaborate with the school to solve the problem and monitor progress.
- Seek professional assistance if necessary.

What you can do to prevent bullying
- Communicate with your child and build a good parent-child relationship.
- Get to know your child's school life, in particular peer relationship.
- Get to know your child's friends.
- Keep close contact with the school.
- Teach your child that bullying is totally unacceptable.
- Encourage your child to seek help from you and teachers if being bullied.
- Teach your child to report to teachers any bullying incident.
- Create a harmonious family atmosphere, and set an example by being rational, peaceful and empathetic in handling emotions and resolving conflicts.

For more details, please visit the EMB website www.edb.gov.hk For enquiries, please call the EMB hotline 2891 0088 to contact the respective Regional Education Office.