

# 協助子女與同學 和諧共處

*Help your child develop a  
harmonious  
peer relationship  
in school*



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，可能曾受到欺凌：

- 放學回家校服不整或破損，書本破爛或身體受傷，但無法作出合理解釋。
- 很少帶同學回家，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、睡眠不寧及發惡夢。
- 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。
- 糾黨出外活動。
- 突然擁有來歷不明的物品或金錢。
- 欺凌兄弟姐妹。

## 若懷疑子女涉及欺凌，您可以：

- 找時間與子女交談。
- 引導子女說出真相。
- 耐心聆聽他／她的說話。

- 保持冷靜，示範以成熟的方法解決問題。
- 不應姑息，指出欺凌行為必須立刻停止。
- 教導子女認識欺凌行為的後果。
- 表示會和他／她一起解決問題。
- 聯絡老師或社工進一步了解事件。
- 與學校商討對策及觀察進展。
- 如有需要，為子女尋求專業協助。

## 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絡。
- 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、和平的態度處理個人情緒及人際衝突。

與欲了解更多，歡迎瀏覽教育局網頁 [www.edb.gov.hk](http://www.edb.gov.hk)  
如有查詢，請電教育局熱線2891 0088與有關區域教育服務處聯絡。



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 EDB website [www.edb.gov.hk](http://www.edb.gov.hk)  
For enquires, please call the EDB hotline 2891 0088 to contact the respective Regional Education Office.*



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