



Anger Management & Bullying Checklist for Parents

Anger can be hard for children to handle-and for parents to witness. This checklist is designed to help you support your child's emotional wellbeing and stop bullying at home or at school. Use it to guide calm conversations, set healthy boundaries, and decide when outside support may help.

What You Can Do at Home:

- ☐ Notice physical signs of anger (e.g. clenched fists, red face, yelling)
- ☐ Talk to your child calmly and ask what's really upsetting them
- ☐ Show your child how to pause and breathe when they feel overwhelmed
- ☐ Praise your child when they stay calm or express themselves with words
- ☐ Keep boundaries clear and consistent at home
- ☐ Offer space for your child to relax, draw, play, or move

- [] Limit screen time and watch for online bullying
- [] Speak to your child's teacher or school if bullying is happening
- [] Get professional help if things don't improve

Useful Links for Parents:

YoungMinds: youngminds.org.uk/parent/parents-a-z-mental-health-guide/anger/

Place2Be: place2be.org.uk

Childline: childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/

Family Lives: familylives.org.uk/advice/bullying/

NSPCC: nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

If this resource helped you, please consider donating to Act Against Bullying. We rely on your support to reach more families across the UK.

