

Module 12: Monitoring and evaluating progress



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Module 12 helps parents evaluate the success of their bullying prevention efforts and equips them with tools to continuously monitor their child's emotional well-being and identify any warning signs of bullying.

Evaluating Progress and Checking-In

Imagine this: You and your child have been working on preventing bullying, building their confidence, and encouraging open communication. You've had important discussions, set boundaries, and taught them how to handle conflicts. But how do you know if these efforts are actually working? Just like checking a child's progress in school, we need to check in on their emotional and social well-being. Preventing bullying is an ongoing process that requires monitoring, reflection, and adaptation.

Bullying prevention is successful when:

- Your child feels safe and expresses confidence in handling difficult situations.
- They communicate openly about their experiences at school or online.
- They engage in positive social interactions, forming healthy friendships.
- They show resilience when facing conflicts, using problem-solving strategies.

Warning signs that progress might not be going well:

- 🚩 Avoiding school or certain social situations.
- 🚩 Changes in appetite, sleep, or mood swings.
- 🚩 Becoming more withdrawn, irritable, or anxious.
- 🚩 Expressing self-doubt or talking negatively about themselves.

By regularly observing these progress markers, you can identify what's working and where more support is needed. Imagine trying to grow a garden without checking on the plants regularly. You plant the seeds, water them for a few days, and then assume they'll thrive on their own.

Chances are, without regular care—checking for weeds, watering when needed, and adjusting sunlight exposure—some plants may struggle or even wither.

Preventing bullying and supporting your child's emotional well-being works the same way.

Even after learning strategies for bullying prevention, continuous monitoring and evaluation are essential.

The Traffic Light Reflection Activity

💡 Weekly check-in activity: The traffic light reflection

This simple activity helps parents and children reflect on their emotional well-being and interactions at school and home. It provides a non-intimidating way to check in without forcing conversation. Choose a quiet and comfortable space at home where your child feels at ease. Tell your child: "I want to make sure that you feel safe and happy at school and home. This activity will help us understand how you've been feeling."

Use the traffic light system 🚦 to reflect on different areas:

- GREEN (Good & safe) - "I feel safe, happy, and things are going well."
- YELLOW (Caution) - "Some things are okay, but I have a few concerns."
- RED (Danger) - "I feel unsafe, sad, or something is wrong."

Area	● I feel good & safe	● I have some concerns	● I feel unsafe or worried
How I feel at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How my friendships are going.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I feel about my teachers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I feel at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How I feel online (social media/gaming/etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.			
How confident I feel in handling difficult situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Discuss what color your child would assign to each area. Allow them to circle a color for each statement. Use open-ended questions to encourage conversation. After reviewing the sheet, set one small goal for the upcoming week and write it in a visible place (e.g., a sticky note on the fridge) and check in again next week!

Effective Check-In Questions



Questions about social interactions

- "Who do you enjoy spending time with at school? What do you like about them?"
- "Have you noticed any changes in your friendships lately? How do you feel about that?"
- "What do you think makes a good friend? Do you feel like you have friends who treat you that way?"
- "Have you seen anyone being left out or treated unfairly? How did that make you feel?"
- "If someone in your class is struggling to make friends, how do you think they might feel? What could you do to help?"

Questions about confidence

- "What's something you feel really proud of this week?"
- "When was the last time you did something that felt a little challenging? How did you handle it?"
- "If a friend was struggling with something difficult, what advice would you give them?"
- "How do you usually handle situations where someone is unkind to you?"
- "Who do you look up to, and what do you admire about them?"



Questions about bullying & safety

- "Have you noticed anyone at school being treated unfairly or unkindly?"
- "If someone was making you feel uncomfortable, what would you do? Who would you tell?"
- "What do you think teachers should do when they see someone being bullied?"
- "Have you ever seen someone stand up for a classmate? What happened?"
- "What kind of support do you think kids need when they feel bullied?"

Questions about the learning environment

- "What's something exciting or interesting that happened at school today?"
- "Do you feel comfortable asking questions in class? Why or why not?"
- "What's one thing you wish your teacher knew about you?"
- "Are there times during the school day when you feel nervous or uncomfortable? What makes you feel that way?"
- "What's something your teacher or school does that makes you feel safe?"

💡 Follow their lead! If your child starts talking, don't rush to offer solutions—just listen and let them express themselves. The goal is to keep the conversation flowing naturally and make them feel heard. Try using one or two of these questions each day and see how your child responds!

Long-Term Monitoring

Even if your child doesn't directly say, "I'm being bullied again," there are subtle signs that might indicate something is wrong.



At home

- Becoming unusually quiet or withdrawn.
- Mood swings, increased irritability, or anger.
- Avoiding conversations about school or social activities.
- Expressing negative self-talk ("I'm not good at anything," "Nobody likes me.").



At school

- Sudden drop in grades or school participation.
- Asking to stay home more frequently without clear physical symptoms.
- Complaining about stomachaches or headaches before school.
- Avoiding certain classmates or school areas.



Online activity

- Becoming anxious or upset after using social media.
- Suddenly deleting social media accounts or blocking people.
- Hiding their screen when parents walk by.
- Spending excessive time online but seeming unhappy afterward.

If you notice these signs, it's time to gently open a conversation and use some of the tools below to better understand what's happening.

A common mistake parents make is only asking about bullying when they suspect a problem. Instead, make emotional check-ins a natural and regular part of your routine, even if past bullying problems occurred a long time ago.

Simple Monitoring Checklist

If all these tools and activities seem a lot for you to do, it's understandable. You are a parent and you are dealing with multiple tasks at once. You can choose the check-list below as the primary instrument for long-term monitoring and keep the other ideas in the back of your mind, as a back-up:

Have I noticed any changes in my child's mood, behavior, or school performance?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Did we have at least one open conversation this week about feelings/friendships?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my child seem happy and engaged at school?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have I checked in with teachers or school staff recently?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has my child expressed any concerns about online activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
What is one goal I can set for next week to improve monitoring?	-----

Maintaining a Safe and Supportive Home Environment

Imagine your home as a charging station for your child. Every day, they step out into the world—facing school pressures, friendships, social media, and sometimes, bullying. A home filled with open communication, respect, and trust can be the difference between a child who feels empowered to handle challenges and one who feels isolated in their struggles.

Why it matters:

When children feel heard and understood, they are more likely to seek help, share their worries, and express their feelings. Parents don't need to have all the answers—sometimes, just listening is enough.

Common communication barriers to avoid:

- ❌ Dismissing emotions ("It's not a big deal." or "You'll get over it.")
- ❌ Jumping straight to problem-solving ("Just ignore them.")
- ❌ Interrupting or finishing their sentences
- ❌ Responding with anger or frustration ("Why didn't you stand up for yourself?")


Most modules in this program taught you how to keep a safe and supportive environment. Below, you can find just a quick recap of some techniques and activities.

Effective Communication Techniques

The "listening without fixing" technique

Often, kids don't need solutions—they need to feel validated. When your child shares a concern, try this 3-step response:

1. Acknowledge their feelings → "That sounds really upsetting. I can see why you feel that way."
2. Reflect back what they said → "So, you felt left out when they didn't invite you?"
3. Ask what they need from you → "Would you like advice, or do you just want to talk?"

 **Parent tip:** If your child isn't opening up, try talking while doing an activity together—like cooking, playing a game, or driving. Kids often feel more comfortable sharing when they don't have to make direct eye contact.

Encouraging emotional expression


- Create a "feelings chart"
 - Hang a chart with different emotions (happy, sad, frustrated, nervous, excited, etc.), and encourage your child to verbalize how he felt during the day and when.
- Use "I feel" statements - Teach your child to say "I feel upset when my friend ignores me," instead of "My friend is mean!"
- Normalize talking about emotions - At dinner or before bedtime, ask "What was the most exciting part of your day?" and "What was something that frustrated you?"

Creating daily connection rituals

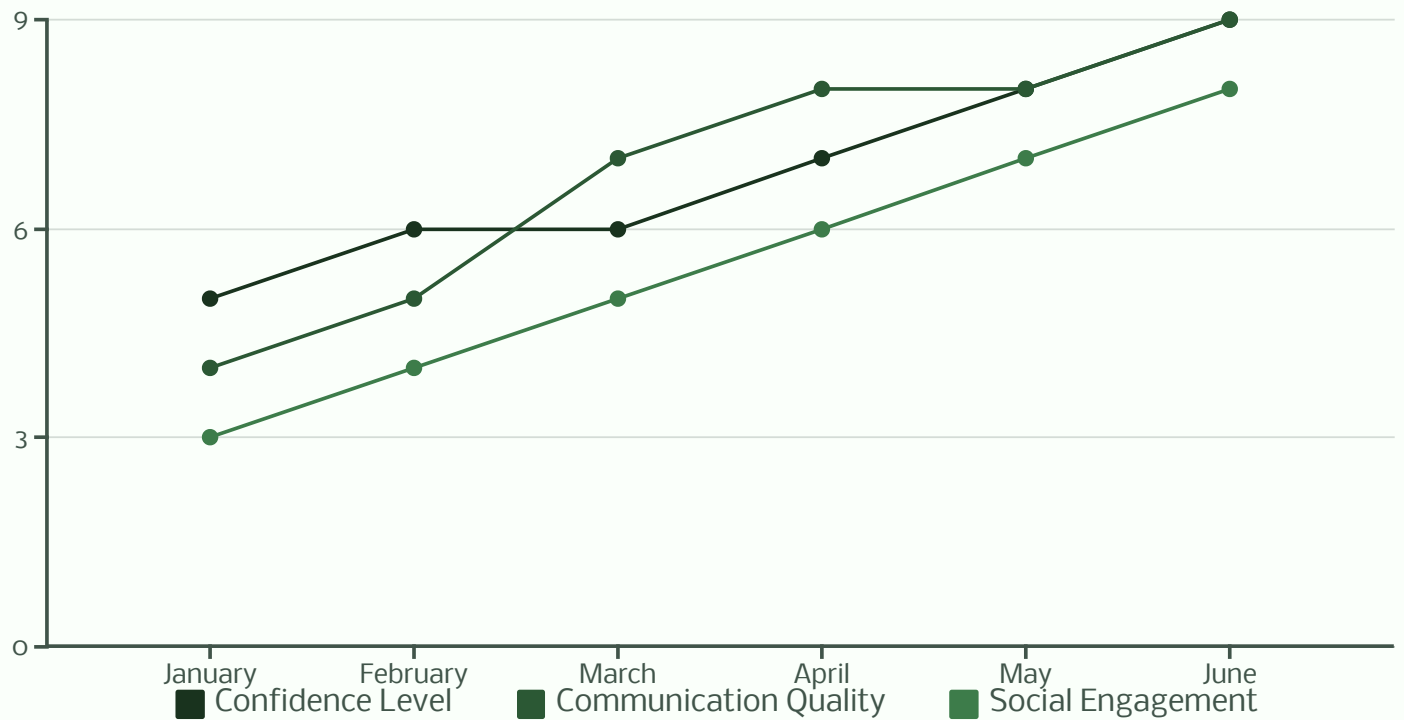
Routines and rituals build trust and consistency, making children feel emotionally secure.

Examples of daily connection rituals:

- 5-Minute morning check-in - "What's something you're looking forward to today?"
- Dinner table question - "What's one thing that made you smile today?"
- Bedtime reflection - "Is there anything on your mind before we sleep?"
- Weekly family check-in
 - Each person shares a high and low from their week.

 **Parent tip:** If your child is resistant to sharing, lead by example – talk about your own day first. "I had a tough meeting at work today, but I was proud of how I handled it."

Tracking Progress Over Time



Tracking your child's progress over time can help you see patterns and improvements. Consider keeping a simple journal or digital note where you record observations about your child's emotional well-being, social interactions, and confidence levels. This can help you identify trends and celebrate progress, even when it happens gradually.

What to track:

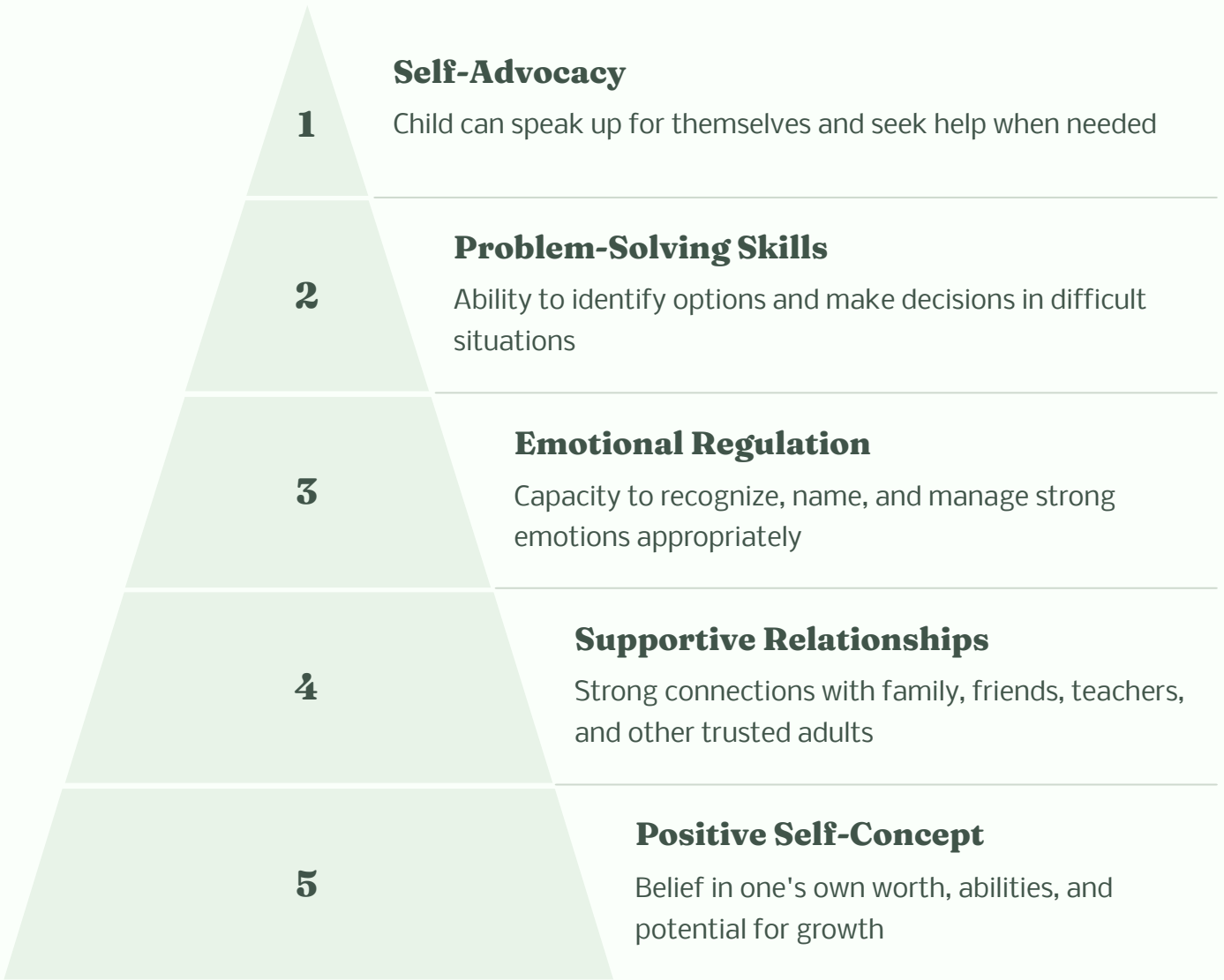
- Frequency of positive social interactions
- Willingness to discuss school and friends
- Confidence in handling difficult situations
- Overall mood and emotional state
- Academic engagement and performance

How to use the data:

- Celebrate improvements with your child
- Identify areas that may need additional support
- Adjust your approach based on what's working
- Share relevant insights with teachers or counselors
- Recognize patterns that might indicate recurring issues

Building Long-Term Resilience

While monitoring is essential, the ultimate goal is to help your child develop the internal resources to handle challenges independently. Building resilience is a gradual process that happens through consistent support, opportunities to practice problem-solving, and celebrating small victories.



As your child develops these resilience factors, you may find that they need less direct intervention from you. This is a positive sign! Your role will gradually shift from active problem-solver to supportive coach, available when needed but encouraging independence.

Remember that setbacks are normal and part of the learning process. When your child faces a challenge, resist the urge to immediately step in. Instead, ask, "What do you think you could do in this situation?" and offer guidance only if needed.

Congratulations

Congratulations, parents! 🎉

You have reached the final module of this program, but your journey in supporting your child's emotional well-being and preventing bullying is ongoing.

Parenting isn't about having all the answers—it's about being present, being willing to listen, and showing up every day. Small, consistent efforts—like weekly check-ins, open-ended conversations, and modeling kindness—create a lasting impact on your child's confidence and resilience.

Remember:

- ✅ You are your child's biggest advocate and source of emotional security.
- ✅ Your support helps them navigate challenges with confidence and courage.
- ✅ Even small conversations and daily rituals can make a huge difference.

As you move forward, trust yourself, trust your child, and trust the process. Every step you take—no matter how small—contributes to a future where your child feels safe, valued, and empowered to stand up for themselves and others.



Final challenge:

Before you finish this program, take a moment to reflect:

- What's one thing you've learned that has changed how you approach parenting?
- What's one new habit or tool you'll commit to using regularly?

You are making a difference. Keep going. Your child is lucky to have you. ❤️🚀