



START A CONVERSATION WITH YOUR CHILD

- ✓ Express your concerns to help your child.
- ✓ Assure your child that bullying is wrong, that it is not his/her fault, and you are proud that he/she had the courage to speak to you.
- ✓ Ask your child what he/she thinks can be done and how he/she would like to handle the situation.
- ✓ Assure your child that the situation can be handled privately.
- ✓ Get specific details about the bullying and document any future reports of bullying.
- ✓ Create a plan of action with your child for the next time he/she may have issues with a bully.
- ✓ Discuss names of trusted adults your child can turn to if you are not around to help him/her if he/she is bullied.
- ✓ Do not tell your child to ignore the bully and do not encourage him/her to physically harm the bully.
- ✓ Talk regularly with your child and the school to be sure the bullying has stopped.



TIPS FOR KIDS

- ✓ Stand up straight; look the bully in the eye and say in a loud, clear voice: “I don’t like what you’re doing and this must stop.”
- ✓ Choose not to react; just walk away. Do not fight the bully; violence will never be an acceptable means of solving conflicts. It takes more courage to walk away.
- ✓ Stick with a group. Avoid being alone in “target” areas.
- ✓ Use humor to deflate the situation.
- ✓ Stay busy and involved in extracurricular activities where other friendships can be made (*i.e. scouting, youth groups, etc.*).
- ✓ When in doubt, focus on the positive things about yourself.
- ✓ Real friends are loyal and trustworthy; they don’t make you feel scared, guilty or badly about yourself.

DON'T BE A BYSTANDER

In a typical environment, the majority of people are bystanders. A valuable resource to combat bullying lies with the bystanders.

Bystanders can express disapproval of bullying by not joining in the laughter or gossip and by reporting bullying to a trusted adult.

PRIVATELY SUPPORT THOSE BEING HURT WITH KIND AND ENCOURAGING WORDS

Befriend someone who is being harassed and encourage inclusion of all people.

