

TIPS FOR PARENTS

WHAT CAN I DO IF MY CHILD WITNESSES BULLYING?

Children may play the role of a "bystander" or observer in bullying situations. Here are some suggestions that you can do at home to encourage students to take action against bullying if they witness it at school:

- ◆ Teach your child how to get help by telling a trusted adult.
- ◆ Encourage your child to verbally intervene, if it is safe to do so.
- ◆ Tell your child not to encourage or "cheer" on the bullying behavior.
- ◆ Teach your child to be a friend and include the students who are bullied in activities.
- ◆ Praise and reward "quiet acts of courage" when your child tries to stop bullying behavior.
- ◆ Work with your child to practice specific ways to stop bullying behavior, such as role-playing.

WHAT CAN I DO IF I THINK MY CHILD IS BEING BULLIED?

If you think your child may be bullied at school, here are some things that you can do to support your child:

- ◆ Review the definition of bullying and allow your child to talk about his or her experiences. Write down what is shared.
- ◆ Work closely with your child's homeroom teacher to help solve the problem.
- ◆ Empathize with your child. Tell him or her that bullying is wrong and that it is not his or her fault.
- ◆ Check your emotions. Although it may be difficult, take a step back from the situation and consider the next steps to be taken.
- ◆ Encourage your child to develop interests and hobbies that will build resiliency.
- ◆ Teach your child how to seek help from a trusted adult.
- ◆ If you need additional help, please contact a teacher, school counselor, or principal immediately and share your concerns.



WHAT CAN I DO IF MY CHILD IS BULLYING OTHERS?

Here are some things that you can do at home to help your child if he/she is bullying other children at school:

- ◆ Make it clear to your child that you take bullying seriously and that it is not okay.
- ◆ Develop clear rules and expectations for your child's behavior. Praise your child for following the rules. Use logical and realistic consequences when rules are broken.
- ◆ Spend a lot of time with your child and carefully monitor social activities. Find out who your child's friends are and where/how they spend free time.
- ◆ Build on your child's talents by encouraging him or her to become involved in positive activities, such as clubs, sports, music lessons, etc.
- ◆ Share your concerns with your child's homeroom teacher. Work together to send a clear message that the bullying behavior must stop.
- ◆ If you and your child need additional help, please contact Mr. Slaubaugh, School Principal, or Miss Landy, School Counselor, at 412-366-9664.