WHAT TO DO

Start a Conversation with Your Child

1. Express your concerns to help your child.
2. 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.
3. Ask your child what he/she thinks can be done and how he/she would like to handle the situation.
4. Assure your child that the situation can be handled privately.
5. Get specific details about the bullying and document any future reports of bullying.
6. Create a plan of action with your child for the next time he/she may have issues with a bully.
7. Discuss names of trusted adults your child can turn to if you are not around to help him/her if he/she is bullied.
8. Do not tell your child to ignore the bully and do not encourage him/her to physically harm the bully.
9. Talk regularly with your child and the school to be sure the bullying has stopped.

STOP BULLYING. A Community Response

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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.