

PARENT TIP SHEET

WHAT IS BULLYING?

It's what happens when someone repeatedly hurts or threatens another person on purpose.

Bullying comes in many forms — name-calling, leaving people out, spreading rumors or physically hurting someone. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. Bullying is not a necessary part of childhood. It does not serve a purpose and can cause serious and lasting harm to victims, bullies and bystanders.

HELP YOUR CHILD LEARN HOW TO PREVENT BULLYING BY TALKING TO THEM ABOUT THE ISSUE AND ENCOURAGING THEM TO **SPEAK UP.**

HOW DO YOU STOP IT?

Explain to your children what bullying is, and that it is **NEVER** acceptable. Express your concern and make it clear you want to help.

Refrain from asking your child why he or she is being bullied or what the bully is saying. Repeating the hurtful words of a bully might be embarrassing or difficult for your child and may prevent him or her from seeking your help in the future.

Talk to your child's teacher instead of confronting the bully's parents. If no action is taken, talk to the principal.

Teach your child nonviolent ways to deal with bullies, like walking away, talking it out, or asking a trusted adult for help. Role-play bullying scenarios with your child.

Help your child act with self-confidence. Practice walking upright, looking people in the eye, and speaking clearly.

Don't encourage your child to fight. He or she could get hurt, get in trouble or start more serious problems with the bully.

Teach your child about friendship and role play how to make friends. Help them find new opportunities to make friends by encouraging hobbies and involving them in extracurricular activities.



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