

Tips for Parents...

- Never tell your child to ignore the bullying. Trying to ignore bullying may allow it to escalate.
- Don't blame your child or assume that he or she did something to provoke the bullying. Don't criticize how your child handled the situation.
- Listen carefully to what your child has to say and ask for details about each bullying episode and the tactics used.
- Empathize with your child. Tell your child that bullying is wrong and it's not his or her fault.
- Don't encourage physical retaliation. It could escalate the situation or get your child in trouble at school.
- Contact your child's teacher or principal. Do not contact the parents of the bully. Leave that to school officials.
- Help your child develop talents or positive attributes that could help him or her gain more self-confidence. Encourage contact with friendly classmates or help your child meet new friends outside of school.
- Teach your child how to seek help from an adult when feeling threatened. Assure your child that reporting bullying is not the same as tattling.



SOURCE: The Health Resources and Services Administration's "Stop Bullying Now" website, www.stopbullyingnow.hrsa.gov