

BULLYING TIPS

BOTH GIRLS AND BOYS CAN BE BULLIED

1 out of 4 teens are bullied. Cyber bullying is done at the same rate.

- Bullying can get out of control fast, kids should tell someone they trust immediately and get help.
- When a child tells you about being bullied, you may be tempted to tell your child to ignore the other child or it will be ok. This may shut the door to an important conversation. Instead reply with "Tell me more" and "How did that make you feel?"
- Adults should respond quickly and consistently to bullying behavior so they send the message that it is not acceptable.
- Bullies usually target children who cry, get mad, or easily give in to them. Teach your child how to stand tall and stay calm in a difficult situation.
- Kids who are bullied can feel sad, lonely, nervous or sick. Talk to them about it so they can get the feelings out.
- Help and protect your child, but let them be a part of solving their problem with bullying so they will feel more empowered.
- Engage your child in positive activities so they have something that makes them feel good and happy.
- Cyber bullying is easier because the bully does not have to face their target. It can happen online, over the phone, or computer.
- Parents need to know what their kids are doing online.
- Listen to what they have to say about what is and isn't okay to do.
- Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.
- When cyber bullying happens, don't respond and don't forward messages. Keep a record of the bullying behavior.
- Know when to escalate issues beyond the school to law enforcement.

