

Bully Prevention Program. Bully Free Systems, LLC, 2013. Web. 19 Sept. 2013.

<<http://www.bullyfree.com/>>.

Tips for Parents: Protect Your Child from Bullying

Starting at Home

- Teach the Golden Rule
- Help develop social skills and teach your child friendship making skills
- Help develop self-confidence and self-esteem (participate in school activities, service projects, community groups, etc)
- Help your child identify talents and develop a hobby – skill of social value
- Teach self-control
- Communicate that mistreatment of others is unacceptable
- Discuss models of acceptance (newspaper stories, television stories, movies, etc.)
- Discuss bullying scenes you watch on television or in movies

What should I do when I find out my child is a victim of bullying?

In addition to reporting the problem to the school...

- Be thankful that you know
- Stay calm – do not be too quick to blame anyone – do not respond until you have details
- Discuss the bullying events with your child (who, what, where, etc.) – do not interrogate – avoid “Why” and “You” statements. Let him/her talk as you actively listen
- Do not promise your child that you will not tell anyone
- Tell him/her you will do your best not to make it worse
- Don’t be afraid to involve your child in deciding what should be done
- Express confidence that a solution can be found – give your child hope
- Keep a log/diary – immediately report physical assaults to school administration and police.
- **Make sure your child understands that no one deserves to be bullied**
- Ask yourself, “Is my child contributing to this problem?” & discuss it with your child during a follow up conversation at a later time
- Explain why bullies mistreat others
- Don’t tell your child to retaliate
- Tell your child to avoid the bully – when possible
- Teach him/her to walk with friends
- **Limit the use of social media**
- Encourage assertive strategies:
 - Look confident (assertive body language) by standing tall and holding your head up. Keep your facial expressions neutral but serious.
 - Make assertive statements for the victim. Say “Stop it!” with a serious face and serious but calm voice. Or say “This is a waste my time, I’m out of here.”