



Tips to Help Parents Prevent Bullying

- **Talk with and listen to your children** everyday ask questions about their school day, including experiences on the way to and from school, lunch, and recess. Ask about their peers. Children who feel comfortable talking to their parents about these matters before they are involved in bullying are more likely to get them involved after.
- **Make time for your child** to interact with peers outside of the school day. Participating in play dates, church activities, clubs and sports will help strengthen your child's social skills. These activities will help your child feel connected and accepted.
- **Be a good example** when you get angry at waiters, other drivers or others, model effective communication techniques. As education.com puts it, "Any time you speak to another person in a mean or abusive way, you're teaching your child that bullying is ok."
- **Create healthy anti-bullying habits** starting as young as possible, coach your children on both what not to do (push, tease, and be mean to others) as well as what to do (be kind, empathize, and take turns). Also, coach your child on what to do if someone is mean to him or to another (get an adult, tell the bully to stop, walk away and ignore the bully).
- **Make sure your child understands bullying** explicitly explain what it is and that it's not normal or tolerable for them to bully, be bullied, or stand by and watch other kids be bullied. (These tips were adapted from materials by the National PTA and Education.com)