



TIP FOR PARENTS

Awareness and education are key components to parents supporting their children in a bullying situation. Parents are encouraged to be aware of their child’s social media activity, including online interactive video games, and to talk with their child(ren) about smart usage of these devices. Parents should be aware of changes in their child’s demeanor or activities that may indicate they are being bullied or bullying another and ask for passwords as necessary.

- Strategize with your child so that they feel they are participating and taking control of arriving at a resolution. This builds self- esteem and helps the child to more easily endure the bullying while it lasts. For example, “What do you think you should say to the bully next time?”, “How do you think the bully will react if you say that?”, “What do you think you should do when the bully confronts you next time?”. Also practice role playing with you child for these situations.
- Encourage your child to join clubs, activities and outside community groups to encourage making additional friends. Group activities have the added benefit of providing discreet clues on what the informal social rules are for kids. Additionally, developing friendships outside of the school arena helps the child to now view the “school” as their only world and connection to social life.
- Parents should keep a written record of all incidents, recording facts and names.
- Parents should contact their local law enforcement if they believe their child is being threatened or harassed.
- Do NOT contact the parents of the bully. Do not agree to any joint meetings between your child and the bully. The school should be making these contacts without your involvement.
- Tell your child not to delete anything and remind them that you can contact your cell phone carrier and request records of received and sent texts. Preserve any evidence of bullying. Print out and save copies of electronic communication for you, the school, and/or police.

Suggested conversation starters if you suspect your child is being bullied:

- “Who do you sit with at lunchtime?”
- Who do you sit with on the school bus?”
- “How do you feel when you hear kids putting each other down?”
- “Do you ever see someone picking on another kids?”
- “Who could you get to help a kid who is being bullied?”
- “Have you ever received a mean Snapchat or an insulting text?”

P ~ Potential **R** ~ Respect **I** ~ Integrity **D** ~ Determined **E** ~ Engaged