

HANDOUT: WHEN YOUR CHILD IS DEMONSTRATING BULLYING BEHAVIORS

- Let your child know that you will not tolerate bullying behavior (verbal, physical, or emotional) and that you don't participate in such behaviors yourself.
- Be a role model by practicing what you preach. Watch what you say to your children and how you react in situations that upset you so that your behavior can't be misinterpreted as bullying.
- Define and establish rules regarding bullying behavior, and other expectations that your family values, that can be used at home and at school. Remember, children, particularly young adolescents, need parents to be parents, not friends.
- Be consistent with enforcement of the rules when bullying behavior is recognized.
- Promote behavior change by praising your children when they follow the rules.
- Spend more time with your child one-on-one. When your child wants to talk, be sure you're all ears.
- Encourage your children to strengthen their talents by joining clubs or participating in non-aggressive sports activities.
- Get to know your children's friends and their parents.
- Work with the school to develop a consistent message that bullying will not be tolerated.
- If additional help is needed consider talking with the school counselor, social worker, or an outside mental health professional.