

## What Parents Can Do To Help

- Stop, Listen and Stand Up - Be sure to give your child your full attention and ask for details about the bullying: How often does it happen? How long has it been going on? In how many places does it occur and how has it affected you? Stand up for your child - report the bullying to other adults in your child's life (teachers, coaches) and work together to give your child the support he/she needs to develop healthy relationships.
- Teach your child to be assertive – not aggressive
- Change the dynamics -be aware of the dynamics in children's peer group
- Build on children's strengths
- Praise (and practice!) inclusive and respectful behavior
- Use consequences that teach and encourage empathy

