

Tips for Parents about Bullying:

- If your child is being bullied:
 - Be supportive
 - Never ignore or lessen the issue
 - Reinforce that it is not your child's fault
 - Report the problem to the principle and teachers
 - Follow up with your child and their school to ensure the problem has stopped
- Is your child a bully? Keep an eye out for the following warning signs:
 - Aggressive behavior- even towards adults and teachers
 - Frequent name-calling, “wimps, jerks”
 - Regular bragging
 - Positive view of violence
 - Need to be in control, always get their way, dominate others
 - Shows little empathy
- To prevent bullying:
 - Encourage activities- band, sports, arts, etc
 - Teach confidence- walking tall, making eye contact, speaking with authority
 - Foster an open, positive relationship with your child at home
 - Check online and cell phone activity and inform your child about privacy settings and reporting abuse online
 - Be involved!
- Websites/programs to check out:
 - Bully Free Virginia
<http://www.bullyfreevirginia.org/>
 - Stop Bullying Now: What Adults Can Do
<http://www.stopbullyingnow.hrsa.gov/adults/default.aspx>
 - Preventing Cyberbullying: Top Ten Tips for Parents
<http://www.cyberbullying.us/>
 - CNN’s “Stop Bullying, Speak Up”
<http://www.cnn.com/SPECIALS/2010/bullying/>

