

## **Prevent Bullying**

At school, we are directing all resources to preventing the act of bullying. We understand that this can be a painful experience for your child. Below are some additional items you can address with your child to help with bully prevention:

- Encourage your child to develop hobbies and interests such as music, art, or athletics. Participation in these types of activities reinforces self-esteem and helps children develop friends.
- Encourage your child to seek a group of friendly students in class, at recess, in the halls, and on the bus.
- Teach your child that it is okay to report threats to an adult. Reassure him/her that reporting bullying is not “tattling.” Help your child develop strategies for talking to adults.
- Ask yourself why your child is being bullied? Does your child lack social skills? Is the bully reacting to an annoyance created by your child (hyperactive, impulsive, talkative, irritates people, etc.)? This certainly does not justify the bully’s actions; however, it may explain why the bullying is occurring. If your child does struggle with social settings, the school counselor can help improve his/her social skills.
- Does your child have a safe, loving home environment? Your child should feel safe to communicate at home. Encourage a constant open dialogue with your child.



*\*Source: National Center For Missing & Exploited Children*