

10 WAYS



To help your child Handle Bullies



1. Build your child's self-confidence. Offer praise often and point out your child's strengths
2. Help your child develop verbal defenses against bullies, such as, "STOP RIGHT NOW!"
Role-play with your child
3. Tell your child to look bullies in the eye and speak firmly
4. Let your child know it is OK to tell on a bully and to ask for help from a trusted adult.
5. Teach your child to avoid body language and words that put him/her in danger.
6. Encourage healthy friendships so your child learns how to be a good friend and seek out good friends.
7. Instruct your child to always walk and play with a buddy, and to avoid unsafe areas such as dark hallways and alleys.
8. Help your child learn to silently repeat phrases that boost confidence in difficult situations. These can include:

"I am a strong person."

"I deserve fair treatment."
9. Assure your child that it is OK to walk away from bullies and seek a place of safety.
10. If the problem is serious, ask your child's teacher or principal to confront the bully or the bully's parents.

Remember:

Confidence and healthy friendships are your child's best defense against bullies.