

Parental Guide - Dealing with Bullying

You can teach your kids to respond in the following ways:

- Look at the bully and firmly tell them to stop in a calm, clear voice
- If in danger, walk away immediately and find an adult
- Talk to a trusted adult
- Speak up and don't be a silent witness to bullying

Parents can use these tactics to help combat bullying:

- Get involved in the school community by talking to parents, staff, and administrators to find out how you can help create a bully-free environment at school
- Foster self-esteem in your child
- Listen to your child and encourage open dialogue
- Offer positive reinforcement and praise for positive behavior

For more information: <https://www.cedars-sinai.org/blog/bullying.html#:~:text=Parents%20can%20use%20these%20tactics%20to%20help%20combat,Offer%20positive%20reinforcement%20and%20praise%20for%20positive%20behavior>

