



Counseling newsletter on Bully Prevention

Hello Families! This month, we're focusing on a very important topic: bully prevention. Bullying can affect children in many ways, and it's important for both parents and kids to work together to prevent it.

What is bullying?

At first glance, it might appear that this behavior is easy to define. A common image of bullying might be of a physically intimidating teen beating up a smaller classmate or one child shoving another inside a hallway locker. While these examples are still considered bullying, it's important to know that bullying behavior can be much more complex and varied than historical stereotypes.

What Parents Can Do to Help

Talk Openly: Have regular conversations with your child about their day and how they're feeling. Encourage your child to share if they're being bullied or if they see someone else being bullied.

Teach Empathy and Respect: Model and discuss the importance of treating others with kindness and respect. Help your child understand the feelings of others and the impact of their actions.

Establish Clear Expectations: Reinforce the idea that bullying is unacceptable and that they should seek help if they or someone they know is being bullied.

Support School Efforts: Work with your child's school to understand their anti-bullying policies and procedures. Participate in school events or programs that promote a positive school culture.

Encourage Positive Friendships: Encourage your child to be inclusive and stand up for friends who might be left out.

What Kids Can Do to Help

Be a Kind Friend: Include others in activities and be welcoming. Offer support and kindness to classmates who might be feeling left out.

Speak Up: If you see someone being bullied, tell a trusted adult like a teacher, school counselor, or parent. If you're being bullied, let someone know. It's important to get help.

Stand Together: Support friends who are being bullied and stand up for them in a safe and respectful way. Work with your classmates to create a positive and inclusive environment.

Practice Empathy: Try to understand how others might feel if they're being bullied. Be a role model by showing kindness and respect in all your interactions.

Resources for Families:

[Center for Parent Information and Resources](#)
[Bullying: Facts for Families](#) - American Academy of Child & Adolescent Psychiatry
[Bullies and Victims: A Primer for Parents](#) - National Association of School Psychologists
[Cyberbullying: Resources for Parents](#) - Cyberbullying Research Center
[What Parents Should Know About Bullying](#) - Pacer Center

