



Prevent Bullying: Quick Tips for Parents

Bullying is when a person tries to hurt someone on purpose, either physically or emotionally. Bullying usually happens over and over again.

There are different types of bullying, which include behaviors like:

- Hitting or pushing
- Name-calling
- Spreading rumors



Bullying can be done in person, on the Internet, or with cell phones. Talk with your child about bullying even before you see signs of a problem.

Tell your child why you are concerned about bullying.

- “It’s hard to know what to do if someone is picking on you. If you ever have a problem, we can figure out what to do together.”
- “In our family, we believe that everyone deserves respect. When you say mean things, leave other kids out on purpose, or push and hit, that’s not being respectful.”

Play the “what if” game with your child.

“What would you do if:

- ...you saw someone getting picked on?”
- ...someone was spreading mean rumors about you?”
- ...you hurt someone’s feelings?”

Look for signs of bullying.

Talk with your child about what’s going on at school. Your child might be being bullied if he or she:

- Doesn’t want to go to school
- Has cuts or bruises
- Is acting unhappy or anxious
- Complains of headaches or stomachaches

Your child might bully other children if he or she:

- Enjoys teasing other kids
- Has a hard time controlling anger
- Is very rough or aggressive

Learn more about bullying.

Talk to other parents and your child’s school to find out how they handle bullying.

- Ask about the school’s policies on bullying.
- Talk to your child’s teacher or school counselor if you think your child is involved in bullying.

For more information about bullying, visit:

stopbullying.gov



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