

TAKE ACTION • SPEAK UP • REPORT

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<http://www1.pgcps.org/antibullying/>

What To Do If You Suspect Your Child Is Being Bullied

Talk with your child

- If your child is being bullied, they need to have a voice in how the situation is handled.

Contact the school

- Set up a meeting with your child's teacher(s) or counselor. Consider including the school resource officer if applicable.
- Develop a plan for keeping your child safe, particularly during vulnerable times (class breaks, lunch, recess).
- Find out what activities or counseling options are available for your child.

Contact police or school resource officer

- If the actions are criminal (assault, theft, serious threats, vandalism).
- Complete a school Bullying, Harassment, Intimidation Reporting Form.

Recommendations If You Suspect Your Child Is Being Bullied

- Don't encourage your child to fight back--two wrongs don't make a right!
- Listen to your child, do not ignore your child's plea for help.
- Don't confront the parents or the other child directly.
- Avoid bringing your child and the bully together to elicit an apology or resolve the issue.

What To Do If You Suspect Your Child May Be Bullying Others

Talk with your child

- Never condone bullying behavior; speak up and tell your child that the behavior they are engaging in is considered bullying.

Encourage empathy for others

- Remind your child that everyone has a right to be themselves, to choose their own friends and to feel safe at school.

Review consequences of bullying behavior

- Both discipline consequences and relationship consequences

Reinforce respectful behaviors at home

Help your child deal with feelings in positive ways

Contact the school for help

- Set up a meeting with your child's teacher(s) or counselor.
- Develop a plan for change.

TAKE A STAND AGAINST BULLYING

