

# Parent's Guide to Stomp Out Bullying

- Take bullying seriously. Many kids feel embarrassed to admit they have been bullied, and you may only have one chance to step in and help.
- If you see any bullying, intervene immediately, even if your child is the one bullying.
- Encourage your child to help others who need it.
- Don't bully your children or others in front of them. Kids who are bullied at home often react by bullying others. If your children see you hit, ridicule, or gossip about someone, they are more likely to do the same.
- Support bully prevention programs in your child's school. If your school doesn't have one, consider starting one with other parents, teachers, and concerned adults.
- Talk to your child's teacher about the issue instead of confronting the bully's parents. If the teacher doesn't take action, speak with the principal.
- Teach your child nonviolent ways to deal with bullies, like walking away, playing with friends, or talking it out.
- Help your child build self-confidence. Practice walking upright, making eye contact, and speaking clearly together.

