



***If Your Child is Emotionally Hurting from a Bullying Experience:***

1. Convince your child that he or she is not at fault and that the bully's behavior is the source of the problem.
2. Encourage your child to use peaceful ways/techniques to resolve the situation.
3. Offer support but do not "rescue your child from challenges or encourage dependence on you.
4. Encourage and model respectful behavior.
5. Teach your child to be firm in the way they respond to the bully, not hostile or violent.
6. Help your child develop or strengthen friendship and interests that foster acceptance and success.
7. Work collaboratively with the school to address the problem.
8. Role play with your child how to peacefully resolve issues.
9. Pray for your child, the child with the bullying behavior and the school.