



## What Parents Can Do To Stop Bullies

Some feel that bullying is a normal right of passage in growing up. It isn't!! There will always be conflicts between kids, but bullying is intentional cruelty, harassment, and emotional, physical and sometimes sexual abuse. This behavior can set the tone for a lifetime of intentional cruelty or worse. And the consequences to the victim can seriously affect them for the rest of their lives. Some victims are so tormented by bullies that they choose suicide as an alternative.

Parents must communicate with their kids and let them know that you're there for them and will help them. This is critical.

Telling children to fight back is not the answer. It's teaching your kids violence and tells them that violence is allowed. It is also not advisable to bring the bully and the victim together in the same room. What is advisable is for parents to intervene and teach kids victims and bullies changes in behavior.

Teach your kids self esteem and empowerment. By teaching them the difference between reporting and tattling they will feel empowered and make decisions responsibly.

As a parent or guardian, you can help your child resolve bullying issues by:

- Listening to your child and being supportive
- If your child is not comfortable speaking to you about the situation, urge them to speak to school counselor or arrange for them to see a professional counselor
- Tell your child's teachers and principal about the incidences
- Discuss with the teacher, then the principal and if not resolved, go to the school board chairman.
- Document every conversation and incident

## **Get The Facts**

It's important to listen to your child so you can help them. Get all of the facts. Ask your child what actions he would like you to take. Remember your child is feeling so vulnerable and he is in pain. Everything is out of control because the bully is controlling your child.

You are your child's advocate and let him know you will work to solve this.