

# Bullying

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Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is involved in bullying, there are several resources that may help.



- **Recognize the warning signs that your child is involved in bullying.**

They could be being bullied, bullying others, or witnessing bullying.

Although these signs could signal other issues, you should talk to your child if they display any sort of behavioral or emotional changes. Many times kids won't ask for help, so it is important to know what to look for. If your child is at immediate risk of harming himself or others, get help right away.

- **Learn what bullying is and what it is not.**

Understanding what bullying is is the first step in forming a plan to prevent or respond to bullying with your child. Many behaviors that look like bullying may be just as serious, but may require different response strategies.

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- **Utilize tips and tools to talk to your child about bullying.**

Opening lines of communication before your child is involved in bullying makes it easier for them to tell you when something happens. It is also important to work with a school to help prevent bullying before it starts.

- If you have determined bullying has occurred, learn how you and school or community officials can work together to support your child, whether they were bullied, bullied others, or witnessed bullying.

A child is being bullied in school. Contact:

1. Teacher
2. School counselor
3. School principal
4. School superintendent
5. State Department of Education

For more info on how to prevent and engage in student bullying, visit

<https://www.stopbullying.gov/prevention/at-school/engage-parents/index.html>