

TEN THINGS PARENTS CAN DO TO SUPPORT KIDS WHO EXPERIENCE BULLYING

1. Listen carefully and acknowledge your child's feelings.
2. Focus on comforting and supporting your child, not on your anger at what happened.
3. Empower your child by reinforcing the child's positive self-image.
4. Praise your child's efforts to handle difficult situations with other children.
5. Offer suggestions to help your child learn to be more effective in dealing with the situation.
6. Make your child part of the solution - ask what the child thinks will help improve things.
7. Help your child practice how to respond to bullying behavior.
8. Identify "safe" people your child can go to for support.
9. Help your child identify friends who can offer support.
10. Document what happened and report it.



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