

## TEN THINGS PARENTS & EDUCATORS CAN DO TO PREVENT BULLYING

1. Monitor your own behavior.
2. Treat children and other adults with respect and kindness.
3. Demonstrate tolerance and fairness to everyone.
4. Talk about differences and help children learn to appreciate and respect diversity.
5. Talk to children about the consequences of their actions.
6. Make sure all children know the rules of behavior and what is expected of them.
7. Talk about the difference between "tattling" and telling an adult about bullying.
8. Model, encourage, and acknowledge acts of kindness in the home, in the classroom, and during school and community activities.
9. Talk to children about what to do if they feel bullied or unsafe.
10. Make sure children know you are there to listen to their concerns and keep them safe.



ASK Resource Center  
Parent Training and Information Center of Iowa  
321 East Sixth Street  
Des Moines, IA 50309-1903  
Phone: (515) 243-1713 Toll Free: (800) 450-8667  
Fax: (515) 243-1902 Email: [info@askresource.org](mailto:info@askresource.org)  
Website: [www.askresource.org](http://www.askresource.org)

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