



## Parents Can Help

- ✓ Be aware of bullying signs.
- ✓ Establish open communication with children.
- ✓ Don't bully children.
- ✓ Build children's self-esteem.
- ✓ Help children deal appropriately with anger.
- ✓ Role-play bullying situations while encouraging children to be assertive.

### **“What if my child doesn't want me to tell anyone or go to the school?”**

- ✓ How old is your child? (age of competence)
- ✓ Is your child being physically hurt or threatened?
- ✓ What do you think would happen if you visited the school?
- ✓ Who would you talk to at the school?
- ✓ Do you know the school's policy about bullying?

### **“I went to the school and they didn't help or it is still happening.”**

- ✓ What is the school's policy on handling reports of bullying?
- ✓ Did they follow that policy?
- ✓ If you tell someone and they don't help you, keep telling until someone does help.
- ✓ What other school representative could you tell?
- ✓ What is the chain of command? (counselor-assistant principal- principal- superintendent)
- ✓ What is your support or network system? Are there other parents who are experiencing the same thing? What have they done? Could you work together?
- ✓ Could you advocate for the school to adapt new policies? (confidential reporting, class meetings, workshops for students, parents, and teachers)



Network of Victim Assistance

1-800-675-6900

[www.novabucks.org](http://www.novabucks.org)