

## **What Can Parents Do if Your Child/ren is Being Bullied?**

1. Ask your child directly about what is going on.
2. Look for signs such as: fear of going to school, lack of friends, missing belongings and torn clothing, and increased fearfulness and anxiety.
3. Work with the school immediately to make sure your child is safe, that effective consequences are applied toward the bully, and that monitoring at school is adequate.
4. Advocate for involvement of the bully's parents.
5. If your child is timid, and lacks friends, try to arrange for your child participate in positive social groups which meet his or her interests.
6. Suggest that the school implement a comprehensive anti-bullying program.