

Best Ways To Help Parents & Children Combat and Prevent Bullying...

The following are the best ways that will aid in combating or preventing bullying...

1. Talk to your child(ren) about everything.
2. Tell an adult if you are being bullied.
3. Create comfortable open-lines of communication with your child(ren).
4. Stand up for yourself, by speaking up.
5. Observe changes in your child(ren).
6. Don't tease others.
7. Don't be a bystander. Stand up for someone who may be getting bullied.
8. Don't be judgmental.
9. Get to know your child(ren)'s school officials, principals and teachers.
10. Don't point and laugh at others.
11. Visit your child(ren)'s school or daycare unannounced.
12. Instill self-confidence in your child(ren) by telling them they are beautiful, talented, creative, unique, smart or funny.
13. Have family game night's with your child(ren).
14. Eat dinner at the dinner table so, you can discuss the day's events.
15. Monitor your child(ren)'s cell-phone, texting, and internet usage a few times per week.
16. Communicate with your child(ren)'s home-room teacher by writing small notes on homework so, they will know that you are paying attention and have an open-line of communication with them.
17. Ask your child if they are being bullied or if they've ever bullied someone.
18. Don't be afraid to talk to the kid that everyone calls a nerd or different at school.
19. If possible, sit your child in your lap to establish a sense of comfort and concern. This can make an inviting environment for the child.
20. Take your child out for ice cream or dinner to show them that they are not in trouble for telling you what's going on with them.
21. Thank your child when they tell you the truth and/or how they feel. This can raise their confidence and make it easier for them to talk to you.
22. Don't react too soon to what your child says. This can make them scared to talk to you again.
23. Never make your child feel like they are wrong for coming to you or for talking to you about their problems.
24. Talk to your child even if they are wrong instead of going straight to disciplining them.

Making your child afraid to talk to you is wrong and hard to fix once they have a fear of getting in trouble.

25. Don't cut your child(ren) off while they are speaking. Let them tell their side of the story
26. Teach diversity between different cultures and communities.
27. Tell your bully how he/she makes you feel and do it publicly.
28. Be kind to others. Treat people how you'd like to be treated.

Ways That Won't Help To Combat and Prevent Bullying...

- The following are things that will not aid in combating or preventing bullying...

1. Making your child(ren) feel unimportant.
2. Teasing others
3. Making people do things.
4. Making mean faces to taunt others.
5. Pointing and laughing at someone's mistakes.
6. Fighting
7. Being judgmental
8. Being too busy for your child(ren).
9. To talk about other's because of their race, gender, sexuality, religion and any physical difference.
10. To teach your child(ren) to act in violence
11. To shut your child(ren) out
12. To not be concerned about certain behaviors
13. Getting even with a bully.
14. Telling your child to get over it, it happens to everyone.
15. Posting bad pictures of others on the internet
16. Spreading rumors
17. Don't join in when others are being bullied.

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