



## Tips for Parents: What to Do If Your Child Witnesses Bullying

Many children are observers or “bystanders” in cases of bullying at school. It is important that even students who are bystanders in a bullying situation take action to get help, so the bullying stops. We are taking steps to teach this important information to students at school. Here are some things you can do to support these efforts at home.

If your child talks to you about the bullying that he or she witnesses at school, you are encouraged to do the following:

- Teach your child how to get help without getting hurt.
- Encourage your child to intervene, not physically, but by using their words if it is safe to do so. Some things they could say, “Knock it off. We don’t do that at school.”
- Tell your child not to cheer on or even quietly watch bullying. This only encourages a child who bullies.
- Encourage your child to tell a trusted adult about the bullying. Be sure they know the difference between telling and tattle-telling.
- Help your child want to help others who tend to be bullied.
- Teach your child to include these students who are bullied in activities.
- Praise and reward “quiet acts of courage”—where your child tried to do the right thing to stop bullying, even if he or she was not successful.
- Work with your child to practice specific ways he or she can help stop bullying. For example, role-play with him or her what he or she could say or do to help someone who is being bullied.

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This list has been adapted from a publication originally created for “Take a Stand. Lend a Hand. Stop Bullying Now!” a campaign of the Health Resources and Services Administration, the Maternal and Child Health Bureau, and the U.S. Department of Health and Human Services. [www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)

