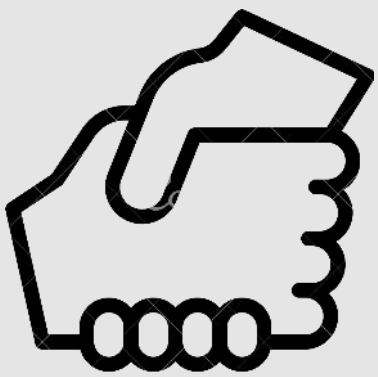


# What to do if your child witnesses bullying?

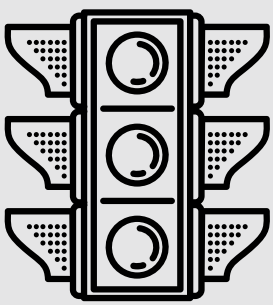
Make your child's safety a priority



1

## Teach your child how to get help without getting hurt

- Encourage your child to intervene, not physically, but by using their words if it's safe to do so. Some things they could say, "Knock it off." "We don't do that at school."



2

## Tell your child not to cheer on or watch a bullying situation.

This only encourages the child who is bullying others



3

## Encourage your child to tell a trusted adult about the bullying

- Be sure to have a conversation with your child about the differences between bullying and conflicts.
- Be sure to have a conversation with your child about the differences between telling vs tattling



4

## Praise and reward "quiet acts of courage"

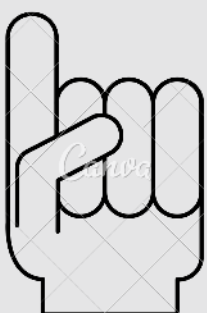
Where your child tried to do the right things to stop the bullying situation, even if they were not successful.



5

## Work with your child to practice specific ways they can help

For example, role-play what they could say or do to help someone in a bullying situation



6

## Help your child want to help others who tend to be bullied

Teach your child to include these students who are easily left out in activities