

BULLYING PREVENTION STRATEGIES

Guidance for Parents and Caregivers

Best Practices for Parents and Caregivers

Model Positive Behaviors

Display and positively enforce expectations on how to treat others with kindness and respect.

Talk about Bullying

Having conversations about what bullying is and encouraging children to speak up about bullying gives them the tools to safely navigate, avoid, and/or help correct bullying situations.

Engage and Encourage Your Children

Being a part of your children's lives, supporting them in the things they love to do, decreases the odds that children will bully others.

Keep Yourself Educated

Explore the differences between bullying, conflicts, and harassment. Learn about the bullying prevention resources/activities in your communities.

Engaging with Your Community

You are Not Alone

Working alongside other parents and caregivers provides not only support for you but for your entire community.

Your Voice Matters

School-wide bullying prevention needs your support and input to be its most effective. Your first-hand experience can transform programs and help everyone within the school.



Understanding Your Relationship to Bullying and its Challenges

Bullying is defined as unwanted, aggressive behavior with an imbalance of power. It is intentional, happens repeatedly or is likely to be repeated, and targets someone who cannot easily defend themselves. Parents and caregivers are instrumental in the formation of the behaviors and attitudes of their children. This, in turn, makes you crucial in preventing and addressing bullying. Maintaining the previously mentioned practices throughout your child's life will keep you in touch with them and show them your support.

The challenge is knowing when your children are in a bullying situation. Children are often hesitant to tell their caretakers about bullying involvement, which makes it difficult to truly know how involved your children are in bullying situations. Furthermore, bullying can also happen within the home via digital devices and social media. Caregivers must try to elevate their awareness of bullying's presence to truly protect and aid their children. This is another reason why keeping prevention practices is so necessary when taking care of children.

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