



Tips for Parents:

If your child is being bullied:

- Be supportive
- Never ignore or lessen the issue
- Reinforce that it is not your child's fault
- Report the problem to the principle and teachers
- Follow up with your child and their school to ensure the problem has stopped

Is your child a bully? Keep an eye out for the following warning signs:

- Aggressive behavior- even towards adults and teachers
- Frequent name-calling, "wimps, jerks"
- Regular bragging
- Positive view of violence
- Need to be in control, always get their way, dominate others
- Shows little empathy



To prevent bullying:

- Encourage activities- band, sports, arts, etc
- Teach confidence- walking tall, making eye contact, speaking with authority
- Foster an open, positive relationship with your child at home
- Check online and cell phone activity and inform your child about privacy settings and reporting abuse online
- Be involved!

Websites/programs to check out:

Bully Free Virginia

<http://www.bullyfreevirginia.org/>

Stop Bullying Now: What Adults Can Do

<http://www.stopbullyingnow.hrsa.gov/adults/default.aspx>

Preventing Cyberbullying: Top Ten Tips for Parents

<http://www.cyberbullying.us/>

CNN's "Stop Bullying, Speak Up"

<http://www.cnn.com/SPECIALS/2010/bullying/>

**These resources are not operated or endorsed by the Office of the Attorney General, and serve only as helpful information for reference purposes. We are not responsible for their content.*