

10 WAYS TO HELP YOUR TEEN DEAL WITH BULLYING



1. EDUCATE YOURSELF

Bullying affects up to 75% of kids at some point between kindergarten and 12th grade. Take the time to understand the different forms of bullying and their consequences.

2. APPRECIATE THE SERIOUSNESS

While most kids will be OK in the end, 10-20% of kids will be chronically bullied and at risk for negative mental health outcomes like depression, anxiety, and, in extreme cases, suicide.

3. GET THEM INVOLVED

Cooperative, team-based activities can help foster social skills and provide opportunities to build friendships with others who have similar interests.

4. FOSTER CLOSE FRIENDSHIPS

Encourage your child to invite a close friend to do things together and help them spend more time with peers who are important to them. Having at least one best friendship can protect against the negative effects of bullying.

5. GET INVOLVED

If there is a bullying incident, make a request, in writing, to your child's school counselor and/or principal, respectfully asking for an investigation. After that, schedule a meeting with everyone who might be important to the incident.

6. WORK WITH OTHERS

Your child's teacher or school counselor could have strategies that have worked in the past, so it can be helpful to pick their brain about this.

7. POSSIBLY MAKE A MOVE

Sometimes, the best thing to do is to move the victim into another classroom. Many victims of chronic bullying find that their victim status is very hard to change.

8. PROTECT AGAINST CYBERBULLYING

As a parent, you can put controls on your computer and other devices that limit what your child can see based on their age. Tools are available that can track what sites your child visits and what they post online.

9. GET HELP

If your child is a victim of bullying, talking to a mental health professional can give your family the tools and support to work through difficult situations.

10. COMMUNICATION IS KEY

Being able to ask the right questions, truly listening, and creating an environment where your child feels like they can talk to you about issues they are facing, is essential to limiting the harmful effects of bullying.



A PARENT'S ROLE

As a parent, you play an important role in helping your child deal with bullying. You can help them if they are being bullied, and you can also reduce the chance that they will become a bully. Following the steps on this card will help you and your child be empowered to handle bullying effectively and reduce its negative impact. Of course, every case is different, so it can be helpful to talk with professionals who know the specifics of your child's situation.

Bullying can have serious consequences for everyone involved, but there are many resources that you and your child can use to overcome this serious problem. Understanding + communication = a winning strategy to beat bullying.

**YOU ARE NOT ALONE.
YOU AND YOUR CHILD CAN
OVERCOME BULLYING.**

ADDITIONAL RESOURCES

Stop Bullying
stopbullying.gov

Mental Health America
mhanational.org/bullying-tips-parents