

## National Safe Schools Week

# How to Make Sure Your Child Doesn't Become the Bully

### Encourage Empathy and Patience

Try to reinforce positive behavior at home and teach your child to be kind, considerate and respectful to others, even those that look or seem different from them. Also teach your children to be patient with others. Encourage your child to be friendly to everyone in class and not pick on others simply because their friends are doing it.

### Teach Tolerance

Discuss with your child the ways people can address hate. Take time to brainstorm ways to address these concerns at home, in school and in the community. Examples include speaking out against name-calling, making friends with people who are different from you (diversity), and learning about other cultural groups.

### Be a Role Model

Remember that a child learns from imitating what he or she sees at home so be mindful of your own behavior when it comes to being patient and understanding. Also be aware of the ways that you talk about different groups and how you treat different types of people.

### Discourage Retaliation

Be sure to let your child know that it is not acceptable to retaliate against someone verbally or physically. Instead, encourage your child to walk away from the situation and let an adult know about the incident. Let them know that it is always better to resolve conflict with words and not with physical or verbal abuse.

### Ask Around

If you suspect that your child is bullying another child ask your child's teacher or other school staff if they have seen any behavior from your child that would also indicate this. Also ask your child or their friends if there may be anyone in class that seems to be left out or excluded. Encourage them to befriend this child and get to know them.

### Talk to Your Child

Let him or her know that bullying will not be tolerated. The best way to handle a child who may be a bully is be more involved in their lives, as many times they act out to get attention. Talk to your child about their day at school. Know who their friends are and get to know their parents. Being more involved in your child's life will not only bring you closer and help them succeed academically, it will also help ensure that your child grows up to be a kind person and accept everyone.

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