



THE FAMILY TREE

Tips To Stop Bullying

Over 1,000 incidents of bullying are reported in just 6 months in Maryland per school year. For victims, bullying can lead to low self-esteem, an inability to defend oneself, and becoming emotionally distraught easily. How can you help your child when they are being bullied?

Tips to stop bullying:

- **Be supportive.** Don't assume your child provoked the bullying. Tell him or her that bullying is wrong, not their fault, and that you are glad they had the courage to tell you about it.
- **Check your emotions.** A parent's protective instincts stir strong emotions. Keep your cool in these situations.
- **Contact your child's teacher or principal.**
- **Never tell your child to ignore the bullying.** What the child might "hear" is that you are going to ignore it.
- **Ask you child what he or she thinks can be done to help and offer assurance that you'll think about it.**
- **Do not criticize.** Especially if you disagree with how your child handled the bullying.
- **Do not encourage physical retaliation.** This could only lead to more violence.
- **Expect the bullying to stop.** Talk regularly with your child and school staff to see whether it has. If it persists, contact school authorities again.