

Parents' ABC's of Bully Prevention

Ask about friendships, who your child sits with at lunch, who they hang out with or who they play with on the playground.

Be mindful of how many "friends" or followers they have on social media and who they follow and "friend".

Controls are available on devices and apps, ask your service provider what to do if you don't understand how to enable the controls.

Develop an understanding on how social media sites and privacy settings work; is your child safe?

Engage in conversations about what to do when you see someone in trouble, being hurt, or needing help.

Find out what your child knows about bullying and if they see it in school.

Give your children positive language to use to stand up for themselves and others.

Help your child learn the difference between telling someone how s/he feels and being mean.

Include role plays in your conversations with your child; some children and adolescents need to practice how to respond in situations.

Jokes can hurt, some kids laugh along because they are afraid to say that they are hurt by what was said.

Keep in mind your child learns how to deal with conflict and problems by watching how you handle those things.

Listen to what your child might not be saying when they report about their school day.

Many people become more aggressive in their interactions when behind a cellphone or computer screen, could this be your child?

Notice fluctuations in your child's self- esteem. Is it normal or abnormal?

Open dialogue on tough topics; it's worth a bit of awkward communication to ensure that your child knows how you feel on important topics and that you are there for them.

Public and Permanent – we cannot express this enough to our youth! Everything you place on social media no longer belongs to you. It is public domain and it is permanent.

Question your kids about what they would do in a bullying situation, ask them if it is difficult to intervene, report, or get help from an adult.

Respect that your child craves privacy, but understand they may not be ready for all of their interactions to remain private from you.

Sexting is real and might be normalized by peers. Ask tough questions about sending naked pictures and suggestive messages.

Trust that they are listening to you. One of the greatest predictors for youth to remain on a positive path is to have at least one positive adult in their life leading the way.

Understand as best you can that the world is very different from when you were a child or teen. Ask what pressures your child is under, don't assume you know.

Visit the websites, apps that your child or teen frequent, what messages are they receiving? Do you agree with those messages?

What message is your child putting out in the world about who they are? Have you seen their posts and profiles?

Xbox and other gaming devices can be used to communicate with other gamers who may or may not be children; those conversations and connections impact our kids.

Younger and younger children are becoming active members of the cyber world. How will you know when your child is mature enough?

Zero in on how many messages your child receives from the media in a day. Are they positive?