What Can Parents Do?

When your child is the target:
- Encourage your child to report any problems
- Keep documentation of instances – this will help you communicate the extent of the problem to school officials, etc.
- Talk with the teacher, counselor, or principal about the problem
- Do not try to fix the problem by confronting the student displaying bullying behaviors or the student's parents
- Guide your child through the process of addressing the problem, alongside them, empowering them to take appropriate steps to address the issue.
- Notify the school administration immediately if your child is physically threatened

When your child is displaying the bullying behaviors:
- Be a positive role model
- Reinforce positive and kind behavior
- Teach your child how to be respectful and show anger appropriately
- Seek professional assistance, if necessary

When your child is a bystander:
- Encourage your child to report the incident immediately to school officials
- Have your child support the victim by including him or her in social activities

When cyber-bullying is the problem:
- Document messages or posts
- Avoid interaction online—block future messages or emails and avoid any problem websites
- Discuss the situation with your child's school. Problems may extend from school to home, or home to school.