Have the conversation early and often
The majority of kids who are bullied do not report it to an adult. The latest statistics show that only two in five bullied students ever notified an adult about the bullying. Kids often report feeling embarrassed or feeling as though adults will be unhelpful or make things worse. Here’s how to make sure your children know they can come to you:
• Set aside a time every day to check in with your children. Talk about both your day and theirs to help them open up.
• Be an active and supportive listener. Make sure your child knows you are always there to listen and will not overreact to the information they tell you. If your child reports something that is bothering or challenging them, ask them how you can help, and follow through.

KnowBullying is a smartphone app that provides guidance for parents to talk to their children about bullying. (http://1.usa.gov/1D43NPb)

Follow up and provide support
Even after an incident of bullying is resolved, your child may need support and reassurance that bullying will not happen again. Here’s how you can stay involved:
• Follow up with the school or agency point of contact. Check in to make sure plans are being followed and no further incidents have been reported.
• Seek additional resources and support. Sometimes your child might need support beyond what you or the agency or school can provide. Seek out mental health providers or mentors to help your child build resilience.
• Get involved in bullying prevention and school climate efforts. Schools are encouraged to engage parents when they begin planning and implementing bullying prevention efforts. Volunteer to be part of these efforts to help ensure a safe environment for all students.

School/agency name: ____________________________
Bullying policy URL: ____________________________
Bullying point of contact (POC): ____________________________
POC contact info: ____________________________

Parents, guardians, and caregivers play a critical role in preventing and resolving bullying issues for children. This guide can help adults who suspect their child is being bullied or bullying others.
Where did the incident happen? Was it at school?
Who was involved? Were there other kids who...
How long has this been going on? Has it...
How has the incident affected your child? Is he/she upset?
Provide as much detail as possible, including the...

What was said or done to make your child upset?

If the other child is disciplined, understand that the...

What might be underlying what is going on?

Let the point of contact know steps you and your...

Gather information to determine whether the...
Assess whether the incident meets the definition of...

Report the incident to the school or agency needed, or if the bullying has continued despite your best efforts,

Make a plan of action to resolve the situation.

• Contact your school’s or agency’s designated point of...

• Gather information to determine whether the...

• Assess whether the incident meets the definition of...

• Report the incident to the school or agency needed, or if the bullying has continued despite your best efforts,

• Make a plan of action to resolve the situation.

If your child is able to, ask them to write down what...

When children or teens tell their...

If you believe your child has been the target of bullying:

• Report the incident to the school or another third party as mediators to help resolve...

• Supervision in the cafeteria, or having sessions with a school...

• If possible, work with the school to agree on a plan to address the...

• Consider filing an appeal.

• Ask questions.

• Ask your child to share specifics and how he/she...

• Be careful not to imply that your child...

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When deciding on steps to take, remember:

•’re trying to do to provoke the other student?” ask, instead of asking, “What did you...

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