

How to talk to your student about bullying:

- Show interest
 - Children, especially teenagers, are quick to notice when adults are not interested
 - Ask thought provoking questions
 - Example: “I noticed you have been quieter than usual”
- Take Action
 - Familiarize yourself with your school’s anti-bullying website and page
 - <https://www.aes.k12.nj.us/Domain/34>
 - Include your child in the discussion about people they can talk to at school
 - Counselor, Principals, Teachers, School Safety Resource Officer, Nurse
- Teach and Practice Assertive Responses
 - Help your child understand the difference between being assertive and aggressive
 - Example: Returning an insult versus using a strong and assertive voice

Tips for helping your child with bullying.

- Listen to your child and get him/her to admit that there is a problem
- Help your child search for answers and let them know that they are not alone
- Guide your child in understanding that they should not place blame on themselves
- Teach your child self-respect and understanding of their personal power by assertively communicating their needs
- Encourage your child to seek help from a trusted adult at school
- Emphasize that there is no shame when asking for help
- Avoid encouraging reacting with verbal insults or physical retaliation