Tips for talking about bullying with your child:

\* Listen to your child
\* Try to keep your emotions in check
\* Remind your child that no one deserves to be mistreated
\* Discuss non-aggressive solutions
\* Identify an adult at school your child trusts to go to if they feel unsafe or need to talk
\* Document all incidents to include where, when and who
\* Help your child develop new friendships
\* Be a role-model for positive, healthy relationships
\* Work with teachers, counselors and principals to provide your child with a safe learning environment
\* Seek help if your child talks about suicide or seems unusually upset

For more information on bullying go to:
Center for Safe Schools:   <http://www.safeschools.info/bullying-prevention>
Federal Stopbullying:  <http://www.stopbullying.gov/>