

5 Ways to Help Your Child Prevent Bullying This School Year

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As children head back to the classroom, now is a great time for parents and guardians to talk with your kids about bullying. Here are five tips to help your child prevent bullying and to help them deal with bullying:

1) **Establish lines of communication and talk for at least 15**

minutes a day. Bullying can be difficult for parents to talk about, but it is important that children know they can talk to you, before they are involved in bullying in any way. StopBullying.gov and our partners at the Substance Abuse and Mental Health Services Administration (SAMHSA) have easy tips and tools that can help start the conversation.



2) **Make sure kids know safe ways to be more than a bystander.**

When kids witness bullying, it can affect them too. Helping kids learn what they can do to help when they see bullying can help to stop bullying. Visit <http://www.stopbullying.gov/respond/be-more-than-a-bystander/index.html> for more suggestions on how bystanders can help.

3) **Know your state's anti-bullying law and your school's anti-bullying policy.** Forty-nine states have laws requiring schools to have anti-bullying policies. Know what your school policy says and how to report an incident of bullying if you ever need to. Visit <http://www.stopbullying.gov/laws/new-jersey.html> to read more about NJ's law.

4) **Learn how to support kids involved in bullying.** When you find out your child is involved in bullying, it is important to know how to respond. Whether your child is bullying others or is the one being bullied it is important to know what steps to take, and which to avoid, in order to resolve the situation.

5) **Take an active role in anti-bullying initiatives.** The key to addressing bullying is to stop it before it starts. Work with your children, their school, and the community to raise awareness and take action against bullying. Toolkits like the Health Resources and Services Administration's Community Action Training Modules can help you start an initiative in your community. You can get your children involved, too, by using the Youth Leaders Toolkit to help them mentor younger children at <http://www.stopbullying.gov/resources-files/youth-leader-toolkit.pdf>.

Visit StopBullying.gov for more helpful tips on how to prevent bullying, and have a great school year!