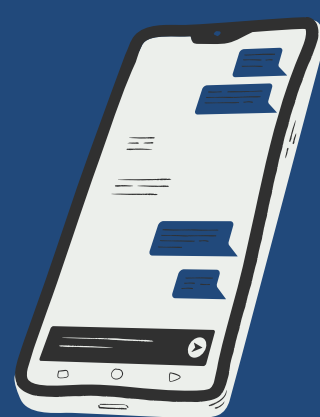


"I DON'T KNOW HOW TO NAVIGATE MY CHILD'S WORRIES ABOUT BULLYING"

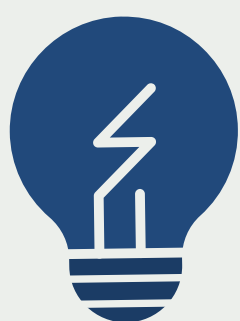
Webinar Tip Sheet

MONITOR PHONE USAGE AND SOCIAL MEDIA ACCOUNTS WHEN NECESSARY

A lot of bullying takes place online. Monitor your child's phone for their own safety. Encourage teens to take social media breaks.



LOOK FOR SIGNS & CHANGES IN BEHAVIORS



If you notice any signs of bullying either online or in person, raise the issue with your child. Listen to your child and help them identify how they are feeling. Help them problem-solve coping strategies.

INFORM YOUR CHILD'S TEACHERS & TALK TO THE SCHOOL

Make sure you inform several people at the school so they can be on the lookout for bullying. Ask your child's school about bullying policies- what is acceptable and what is not? At what point do consequences occur? Talk over email so you have documentation.



BE YOUR CHILD'S BEST ADVOCATE



Identify ways that help you calm down. When you are calm, you are well-positioned to be your child's best advocate to help them through the process. Maintain positive involvement as a foundation of trust in your relationship with your child. This will assist them with feeling more comfortable with disclosing information to you.