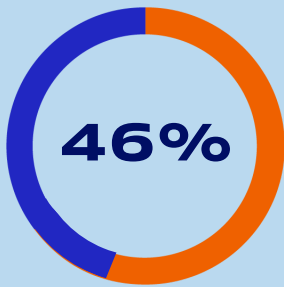


Bullying Prevention Checklist For Parents

What is Bullying?

The Centers for Disease Control and Prevention defines bullying as any repeated, unwanted aggressive behavior(s). Bullying may be physical, psychological, social, or educational in nature.

Bullying By The Numbers:



of bullied students
report notifying an
adult at school
about the incident.

(Source: National Center for Education Statistics)

5.4 million

students skip school at some
point in the year due to bullying .

(Source: STOMP Out Bullying)

What You Can Do:

- ✓ Establish a zero-tolerance bullying policy in your home.
- ✓ Help your child understand how their language and behavior has an impact on others.
- ✓ Plan family activities and events that foster self-esteem, compassion, kindness, and empathy.
- ✓ Encourage your child to focus on their strengths and those of others.
- ✓ Encourage your child to make friends with students who have similar interests and passions.
- ✓ Ask questions ... a lot of questions if you suspect your child is a target of bullying or is a bully.
- ✓ Immediately speak to your child's teacher(s) if you suspect a bullying situation.
- ✓ Report all incidences of bullying to your school's leadership team.