



WHAT TO DO WHEN YOUR CHILD IS A BULLY

Discovering that your child is harming another child physically or emotionally can be challenging. And often upsetting. But ignoring such information should never be an option.

Bullying can cause the targeted student to get lower grades, skip school, suffer from health problems and consider suicide. Add technology, and an age-old problem rises to a new and scarier level.

One out of four students reported being bullied during the school year, according to the National Center for Educational Statistics.

If you know that your child is a face behind such statistics please take action. Here are eight tips to help stop bullying behavior:

1. **Learn what happened from your child.** Listen and ask questions. Help your child understand you will support him or her, but not bullying behavior.
2. **Teach your child what bullying means.** It takes many forms, from hitting and threatening to name calling and spreading rumors verbally or by texts.
3. **Ask your child to switch places with the victim.** Bullying hurts. Encourage empathy.
4. **Meet with teachers** if the behavior is in school. Listen with an open mind. Work with the school to ensure the problem gets resolved.
5. **Examine the root cause.** Your child may be acting out due to another issue.
6. **Enforce consequences.** You want the bullying to stop. Be consistent with your expectations, rules and consequences.
7. **Encourage your child to behave in positive ways** in school, during activities and in the community. Seek feedback on how your son or daughter acts.
8. **Seek counseling or treatment** from a professional if the problem continues. Bullying can lead to violence and other potential criminal acts. Share with professionals if problems exist at home.

PARENTS TEACH CHILDREN HOW TO ACT IN THE WORLD. WORK WITH YOUR CHILD TO STOP BEHAVIOR THAT HARMS OTHERS.

[Pacer's National Bullying Center \(pacer.org/bullying\)](http://Pacer's National Bullying Center (pacer.org/bullying))

Stopbullying.gov

Nobullying.com

Thebullyproject.com