

TALKING ABOUT BULLYING

With Children and Teens

WHAT EVERY PARENT NEEDS TO KNOW

Bullying is when a person acts in a controlling way to gain power and control over another person. Bullying can happen in person or through technology.



HOW DOES BULLYING IMPACT MY CHILD?

Bullying can increase your child's risk of depression, anxiety, and substance use. It can impact their self-esteem, their sense of safety, and their health.

HOW TO START...

There are ways to help your child to feel comfortable talking. You can talk about a situation on TV or in a movie that has bullying. Ask your child what they think and how they feel about what happened.



OFFER COMFORT & SUPPORT!

Tell your child that they can talk to you if someone is bullying them or if they see bullying. Let them know that you won't judge them. Bullying can feel embarrassing or shameful to some children.

GIVE THANKS

Thank your child for sharing what happened to them. Assure them that they are not alone.



TAKE IT SERIOUSLY

Assure your child that you heard them. Safely address the issue with their school or with other trusted adults.

FOR MORE INFORMATION

Visit joetorre.org/resources to learn more about how to identify bullying and cyberbullying, and how to best support your child.



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