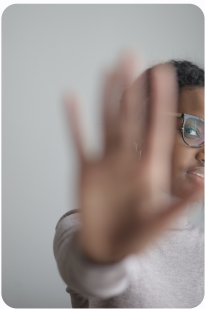




Anti-Bullying Week November 15–19, 2021

Tips to use with your children....



Set Boundaries

Teach your child how to set boundaries with others. Discuss limits, what behavior they will accept from others, and how to respond when others don't respect their boundaries.



Ask For Help

Teach your child to seek help. Help your child understand that teachers, parents, friends, and others can help them. Discuss how to approach adults and describe the bullying. Practice doing this at home, so your child will be ready if a situation should occur.



Build Confidence

Words, actions, and body language can reveal self-confidence. Teach your child to walk confidently, stand up straight, keep their head up, and remain calm. You can also teach your children to talk confidently and express themselves without fear. These are important empowerment lessons.



Encourage Conversation

Children thrive in a loving and safe environment, so letting them discuss their fears is important. Children also turn to siblings during difficult situations. Your entire family should feel comfortable talking things out together.



Check Technology

If you allow your children to carry cell phones, have social media accounts, or work with other technology, learn how to use them yourself. Take an interest in your children's online world just as you would any other aspect of their lives.

SAFETY is Everyone's Responsibility

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