

For Kids-Being Bullied?

- ✓ Do not retaliate
- ✓ Respond firmly or say nothing and walk away
- ✓ Act confident
- ✓ Talk with your parents. Telling is not tattling
- ✓ Talk with a trusted teacher, faculty, counselor, principal
- ✓ Have friends that stick up for each other
- ✓ Take a different route & avoid unsupervised areas.
- ✓ Avoid taking expensive items to school
- ✓ Visit www.stopbullyingnow.hrsa.gov



For Parents-Your Child Being Bullied?

If your child is being bullied:

- ✓ Encourage your child to make new friends
- ✓ Maintain contact with your child's school
- ✓ Keep track of bullying incidents (date, time, location, names)
- ✓ Encourage your child to share problems with you
- ✓ Provide support for your child through positive compliments
- ✓ Have your child participate in physical activities & sports
- ✓ Visit www.stopbullyingnow.hrsa.gov



Bullying Prevention

More on "Parent Central" at www.ProCarSeatSafety.com