



WAYS TO HANDLE BULLYING

and tips to help deal with bullies



1. Recognize changes in your child
2. Ask questions and talk to your child
3. Push-but not too hard
4. Investigate
5. Be there for your child
6. Encourage positive friendships
7. Teach assertiveness skills
8. Role playing
9. Talk about characteristics to look for in a true friend
10. Get help

Things I can say to someone who is bullying me:

Things I can do when someone is bullying me:

People I can talk to/ask for help
when I'm being bullied:

