

Bullying

Talking to Children about Bullying: Brought to you by Aurora EAP



Parents play a key role in preventing and responding to bullying. If you know or suspect that your child is being bullied, the following information may help:

Help kids understand bullying - Kids who know what bullying is can better identify it and can talk about bullying if it happens to them or others. Kids need to know ways to safely stand up to bullying and how to get help.

Keep the lines of communication open - Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem.

Encourage kids to do what they love - Help kids take part in activities, interests and hobbies they like. Kids can volunteer, play sports, sing in a chorus, or join a youth group or school club. These activities can build confidence and friendships that help protect kids from bullying.

Model how to treat others with kindness and respect - Kids learn from adults' actions. By treating others with kindness and respect, adults show the kids in their lives there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues and families.

For more information, please call Aurora EAP at:
(800) 236-3231