

## THOUGHTS AND IDEAS FOR PARENTS ON BULLY PREVENTION

- ❖ *Validate your child's need to belong.*
- ❖ *Identify other areas where belonging exists (family, home life, bedroom decorations, community groups) and use those things to balance the need for belonging and personal acceptance*
- ❖ *Help them distinguish between social acceptance and personal acceptance*
- ❖ *Help your child develop an overview and an objective view of cliques.*
- ❖ *Give your child standards to use in judging her/himself and others.*
- ❖ *Evaluate your home situation objectively*
- ❖ *"Starve" the bully (take away the power source the bully feeds from)*
- ❖ *Use books and movies...objectifies and sends the message "you're not the only one going through this"*
- ❖ *Listen without being judgmental...what is your child's belief system?*
- ❖ *Listen when they talk about their friends (esp. in the car!)*
- ❖ *Talk to your child's teachers and counselor...alert the school*
- ❖ *Monitor the media diet*
- ❖ *Teach tolerance*
- ❖ *Avoid choosing your child's friends, but monitor*
- ❖ *Assess social skills—help them "conform" in safe ways*
- ❖ *Watch for sudden signs of affluence*
- ❖ *Talk about your values.*
- ❖ *Tell some of your own stories*
- ❖ *Use open-ended questions*
- ❖ *Network with parents*
- ❖ *Avoid overprotection*
- ❖ *Role play with your child*
- ❖ *Help your child find one supportive ally ("one good friend" theory)*
- ❖ *Help your kids define bullying behavior*
- ❖ *Gather information, empathize, then use it to empower the child (e.g. what excellent powers of observation you have!)*