

10 Ways To Help Your Child Handle Bullies

1. Build your child's self-confidence. Offer praise often and point out your child's strengths.
2. Help your child develop verbal defenses against bullies through role playing scenarios.
3. Tell your child to look bullies in the eye and speak firmly.
4. Let your child know it is ok to tell on a bully and to ask for help from a trusted adult.
5. Teach your child to avoid body language and words that put him/her in danger.
6. Encourage healthy friendships so your child learns how to be a good friend and seek out good friends.
7. Instruct your child to always walk and play with a buddy, and to avoid unsafe areas.
8. Help your child learn to silently repeat phrases that boost confidence in difficult situations.
9. Assure your child that it is OK to walk away from bullies and seek a place of safety.
10. Remember that confidence and healthy friendships are your child's best defense against bullies.