

## **Bullying Prevention Tips for Parents**

1. One of the most effective ways for kids to combat bullying is to be connected with other kids. Engaging in meaningful activities with peers and developing connections help to protect children from bullying behavior (Lajoi, et. al, 1997).
2. Counsel your child to report bullying. Research indicates that bullying stops when it is reported and acted upon by adults.
3. Bullies frequently get away with bullying because they are careful to hide what they are doing from adults. They look for victims who are alone and appear and appear to lack confidence, as they pose much less resistance.
4. Bullies rely on instilling fear in the children they bully and the other children who witness the bullying. Bully behavior can be quite subtle. Once a bullying relationship has been established, a knowing look or even a smile by the bully directed to the victim can be sufficient to reinforce panic in the victim (Lajoi, et al, 1997).
5. Students must know it is safe for them to go to an authority figure for help without fear that they will be labeled a “rat” and risk losing their place within their peer group (Lajoi, et al, 1997).

Children must know that three things will happen when they ask for help:

- The bullying will stop.
  - It will be stopped in such a way that no one knows who reported it.
  - The bully will be treated firmly but with understanding (Lajoi, et al, 1997).
6. Sixty percent of students are not bullied or victimized. These students hold the greatest power to stop bullying (Lajoi, et al, 1997).
  7. Encourage your child to engage in community service projects. Such activities are a great way to work with others outside of their group and get to know people who may be unlike themselves.
  8. Work with your school and community organizations in helping

Reference: *Safe Passage: Voices from the Middle School*, NMSA