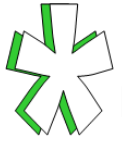
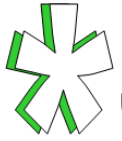


TRY THIS



Recognize the behavior. Trying to ignore it won't make it go away. Help your child accept that there is a problem and know that you will help him or her through this difficult time. Help your child understand that he or she is not to blame.



Role-play. Practice ways to respond to hurtful comments or actions until they come naturally. Help your child think up different scenarios and different ways to respond in them. Have fun with this—make up absurd or outrageous situations. Also, practice using humor as a way to be assertive. Sometimes saying things like, "Oh, please! You've been watching too much TV!" or simply, "I don't need that!" and walking away can stop bullying. This creative thinking can help your child relieve tension and gain some feeling of control.



Encourage your child to pursue interests in a different environment. Assure your child that he or she will meet friends who value him or her. Help your child look for areas of life where he or she feels accepted, likable, and normal. And help your child find opportunities to develop well-balanced friendships.



Let your child know you are always there for him or her. You may not be able to come up with the perfect answer for the problem. But you can help by telling your child that you will always be there to listen and to help him or her think about new ways to handle being bullied.

Have you talked to your kids about...

BULLYING

