



Bullying: Don't let it get to you, take action!

By Laura S. Nata

Another school year and anxiety kicks in, some in a positive way and others know all too well the nightmare begins. As children head back to school it is a great time for parents and guardians to talk with your kids about bullying. Having prepared a child of what is not acceptable the child may better defend themselves with voicing the problem.

I did some research on tips to help your child prevent bullying and to help them deal with bullying behaviors:

- Make sure your child understands what is bullying, and not to accept nor tolerate this negative behavior.
- If you witness bullying, interrupt it if you feel comfortable. Stand next to the person being bullied, or speak up for the person. Ask the bully to stop. Comfort the person being bullied and offer friendship.
- Create healthy anti-bullying habits by coaching your children on both what not to do, like tease, push and shove or act mean to anyone.
- Read your state laws and local school policies if it occurs and who to report to. Always remember to put each incident in writing.
- Whether your child is bullying others or is the one being bullied it is important to know what steps to take, and which to avoid, in order to resolve the situation. Both children certainly need some kind of supports.

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- Discuss with your children everyday about their school day, including experiences on the way to and from school, lunch, and recess and bus experience. Ask about their peers, you will soon find out if there is a bully around. Don't be the last person to know when there is a problem.
- Children need reassurance from their parents by discussing these concerns before they are involved in bullying to avoid and bring resolution to the situation. Check out and read with your child www.stopbullying.gov and www.pacer.org/bullying. These two sites provide you lots of information, videos and so much more.
- One last thing, take an active role in anti-bullying initiatives. The key to addressing bullying is to stop it before it starts. Work with your children, their school, and the community and raise awareness by getting involved against bullying. Here is one way how;

Join us and participate **Saturday, October 3, 2015** for our **5K and Fun Run Against Bullying** or just simply donate for the cause. Mark your calendar and make it a family affair, and support a good cause that effect many from the young to the old.



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