

# Kamiakin Junior High School

## Anti-Bullying School Rules:

- 1. We will not bully others.**
- 2. We will help students who are bullied.**
- 3. We will include students who are left out.**
- 4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home.**

## What to Do If Your Child Witnesses Bullying

- Teach your child how to get help without getting hurt.
- Encourage your child to verbally intervene if it is safe to do so by saying such things as "Cool it! This isn't going to solve anything."
- Tell your child not to cheer on or even quietly watch bullying. This only encourages a child who bullies--who wants to be the center of attention.
- Help your child support others who tend to be bullied.
- Teach your child to include these children in activities.
- Praise and reward "quiet acts of courage"--where your child tried to do the right thing to stop bullying, even if he or she was not successful.

## What to Do if Your Child is Being Bullied

- Never tell your child to ignore the bullying.
- Don't blame your child for the bullying. Don't assume your child did something to provoke it.
- Allow your child to talk about his or her bullying experiences. Write down what is shared.
- Empathize with your child. Tell him or her that bullying is wrong, that it is not his or her fault, and that you are glad he or she had the courage to tell you about it.
- Do not encourage physical retaliation.
- Check your emotions. A parent's protective instincts stir strong emotions. Although it is difficult, step back and consider the next steps carefully.
- Contact a teacher, school counselor, or principal at your school immediately and share your concerns about the bullying that your child experienced.
- Work closely with school personnel to help solve the problem.
- Encourage your child to develop interests and hobbies that will help build resiliency in difficult situations like bullying.
- Encourage your child to make contact with friendly students in his or her class, or help your child meet new friends outside of school.
- If you or your child needs additional assistance, seek help from a school counselor and/or mental health professional.

*\*\* The above information provided by the U.S. Department of Health and Human Services*

