

SUPPORT

Support your child and let them know you will support them no matter what, and that you will work together to solve the problem.

HELP

Help your child by telling them that no matter what, you are there to help them and that you will do whatever you can to make sure they are safe.

ASK

Ask if there is anything that they want to do about the situation. Don't immediately jump in to solve the problem. Letting them have some power in the situation can empower them.

NORMAL

Reassure your child that it is completely normal to feel scared or anxious. It is also normal that you want to protect your child, so take the time to talk and listen to their feelings and ideas.

ENCOURAGE

Encourage your child by showing your concern, and that you want to help them, that the situation is not their fault and they are not alone.

Additional resources for evidence-based information about bullying:

StopBullying.gov
(www.stopbullying.gov)

Olweus Bullying Prevention
(<https://olweus.sites.clemson.edu>)

Pacer's National Bullying
Prevention Center
(www.pacer.org)