

## Parents' ABC's of Bully Prevention

**A**sk about friendships, who your child sits with at lunch, who they hang out with or who they play with on the playground.

**B**e mindful of how many "friends" or followers they have on social media and who they follow and "friend".

**C**ontrols are available on devices and apps, ask your service provider what to do if you don't understand how to enable the controls.

**D**evelop an understanding on how social media sites and privacy settings work; is your child safe?

**E**ngage in conversations about what to do when you see someone in trouble, being hurt, or needing help.

**F**ind out what your child knows about bullying and if they see it in school.

**G**ive your children positive language to use to stand up for themselves and others.

**H**elp your child learn the difference between telling someone how s/he feels and being mean.

**I**nclude role plays in your conversations with your child; some children and adolescents need to practice how to respond in situations.

**J**okes can hurt, some kids laugh along because they are afraid to say that they are hurt by what was said.

**K**eep in mind your child learns how to deal with conflict and problems by watching how you handle those things.

**L**isten to what your child might not be saying when they report about their school day.

**M**any people become more aggressive in their interactions when behind a cellphone or computer screen, could this be your child?

**N**otice fluctuations in your child's self-esteem. Is it normal or abnormal?

**O**pen dialogue on tough topics; it's worth a bit of awkward communication to ensure that your child knows how you feel on important topics and that you are there for them.

**P**ublic and Permanent – we cannot express this enough to our youth! Everything you place on social media no longer belongs to you. It is public domain and it is permanent.

**Q**uestion your kids about what they would do in a bullying situation, ask them if it is difficult to intervene, report, or get help from an adult.

**R**espect that your child craves privacy, but understand they may not be ready for all of their interactions to remain private from you.

**S**exting is real and might be normalized by peers. Ask tough questions about sending naked pictures and suggestive messages.

**T**rust that they are listening to you. One of the greatest predictors for youth to remain on a positive path is to have at least one positive adult in their life leading the way.

**U**nderstand as best you can that the world is very different from when you were a child or teen. Ask what pressures your child is under, don't assume you know.

**V**isit the websites, apps that your child or teen frequent, what messages are they receiving? Do you agree with those messages?

**W**hat message is your child putting out in the world about who they are? Have you seen their posts and profiles?

**X**box and other gaming devices can be used to communicate with other gamers who may or may not be children; those conversations and connections impact our kids.

**Y**ounger and younger children are becoming active members of the cyber world. How will you know when your child is mature enough?

**Z**ero in on how many messages your child receives from the media in a day. Are they positive?