

How to combat bullying

Back-to-school tips from Signal 88 Security

As a new school year begins, it's important to discuss bullying with your child in an age-appropriate way.

Signal 88 Security offers the following advice for parents to help your children look out for themselves and others.



1. Teach your kids to identify bullying. Discuss the many forms it can take, and give them examples. Point it out to them when you see it happening on television, in movies, or in a book, so they can readily identify it in real life.

2. Make it clear to your children that they can talk to you if they are being bullied, and that you will take what they say seriously.

3. Help your child understand where to turn for help at school: a teacher, security guard, nurse, or coach.

4. If your child is the victim of bullying, start a dialogue with the bully's parents to work on a solution. Parents' involvement is key to solving these behaviors.

5. Form a strong partnership with your child's teachers. They will notify you if they see or hear anything alarming.

6. If you have serious concerns and don't feel that they are being addressed, keep at it until you're sure your child is safe.

7. Don't assume bullying only happens at school. Cyberbullies often target their victims via text message and social media 24/7.

8. If your child is being cyberbullied, resist the temptation to delete the offending material. Save text messages and take screenshots of social media interactions so that you have evidence if you need it.



For more information and resources about bullying, contact your school counselor's office, the Boys Town National Hotline, or the National Bullying Prevention Center.

