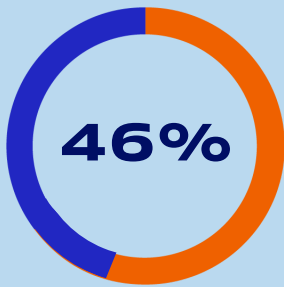


# Bullying Prevention Checklist For Parents

## What is Bullying?

The Centers for Disease Control and Prevention defines bullying as any repeated, unwanted aggressive behavior(s). Bullying may be physical, psychological, social, or educational in nature.

## Bullying By The Numbers:



of bullied students  
report notifying an  
adult at school  
about the incident.

(Source: National Center for Education Statistics)

**5.4 million**

students skip school at some  
point in the year due to bullying .

(Source: STOMP Out Bullying)

## What You Can Do:

- ✓ Establish a zero-tolerance bullying policy in your home.
- ✓ Help your child understand how their language and behavior has an impact on others.
- ✓ Plan family activities and events that foster self-esteem, compassion, kindness, and empathy.
- ✓ Encourage your child to focus on their strengths and those of others.
- ✓ Encourage your child to make friends with students who have similar interests and passions.
- ✓ Ask questions ... a lot of questions if you suspect your child is a target of bullying or is a bully.
- ✓ Immediately speak to your child's teacher(s) if you suspect a bullying situation.
- ✓ Report all incidences of bullying to your school's leadership team.