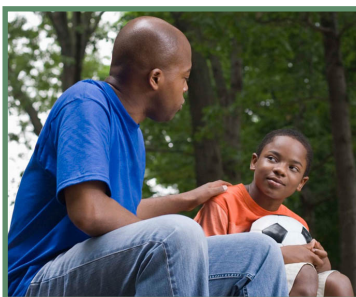


# Dads - Help Your Child Deal with Bullying

The harmful effects of bullying can devastate a child. No parent wants their child bullied. While parents cannot control what other kids do and say, they can lessen the hurt and harm that come from bullying behavior.

Give your child skills and values that will help overcome the negative effects of bullying.

1. Treat her with respect. Teach her to respect others.
2. Enforce a no bullying policy in your home. No name calling. No yelling.
3. Expect him to help in the home. Teach him to do chores. Remind him that he is an important member of the family.
4. Model a positive outlook on life.
5. Teach and help her to solve problems – do not just rescue her.
6. Show him how to walk with confidence and awareness. Head up. Back straight.
7. Learn about bullying. Check out the Bullying site at [www.parenthelpline.org](http://www.parenthelpline.org). Read your school's bullying policy in the school handbook.
8. Ask her if she sees bullying at her school. Ask what she does when she sees the bullying. Discuss ways to handle bullying incidents. Does she feel confident in telling you or a teacher about problems with bullying?
9. Help him make and keep friends. Discuss how to be a good friend. Invite his friends to your home.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

*Revised 2017*

