





STAYING EDUCATED

Bullying has been a part of children's lives probably since the beginning of time. What was once thought of as "just a part of childhood" is now seen as a very serious, and sometimes deadly, form of abuse. Let's find ways to prevent bullying from ever happening in the first place.

TIPS FOR PREVENTION

Here are a few tips to prevent, and respond, to bullying (including cyber-bullying):

- Understand that it is not a "rite of passage" for children to be bullied. It can have very long-term, even deadly, consequences.
- Pay attention to what is going on both at school and at home. If a child starts to fear going to school or to an activity, ask questions.
- Have clear discipline policies at school or in sports activities, and make it understood that bullying will not be tolerated.
- Have in-service trainings for teachers and parents about what to look for in terms of bullying, and how to prevent it.
- Encourage youth to talk to "safe adults" if they are being bullied, or if they know that bullying is occurring to anyone.
- Supervise children when they are on-line and tell them to never pass along harmful information about others.
- Tell children to never give out personal information on-line.
- Insist on having access to their social media
 ites.
- Teach empathy and interpersonal skills, so that children will grow up understanding how hurtful it is to harm or tease others.
- Create opportunities for children to "do good", especially children you know, or suspect may be engaging in bullying behaviors

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