

BULLYING

Tips for Parents

What is Bullying?

Bullying is repeated hurtful behaviors that occur over time and are one-sided, creating a power imbalance. Peer conflict means both parties are engaging in hurtful behaviors. Peer conflict is not bullying.

What can parents do to prevent bullying?

- Have a good relationship with your child so they feel comfortable talking with you about difficult subjects.
- Talk with your child about whether it is bullying or peer conflict, then support them through the situation.
- Check out www.pacer.org/bullying for more information.

WHAT IF MY CHILD IS BULLIED?

- Try not to panic. Hearing that your child is being bullied can cause an emotional response.
- Report it! Tell the school what is going on so they can address it.
- You can report bullying on the school's website or division website www.amherst.k12.va.us
- If the bullying is online, take screenshots and share them with the principal and School Resource Officer.

