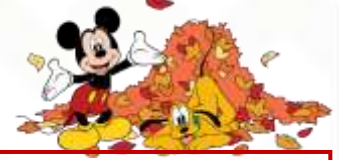


Counseling Corner



10 Actions All Parents can take to Help Eliminate Bullying



1. Talk with and listen to your kids everyday
2. Spend time at school and recess
3. Be a good example of kindness and leadership
4. Learn the signs
5. Create anti-bullying habits early
6. Help your child's school address bullying affectively
7. Establish household rules about bullying
8. Teach your child how to be a positive bystander
9. Teach your child about cyber bullying
10. Spread the word that bullying is not appropriate behavior

Bully Prevention & Red Ribbon Week Spirit Days Oct. 25 – 29

Monday: Let's black at bullying & drugs. **Wear all black.**

Tuesday: Team up against bullying. **Sports attire day.**

Wednesday: Put bullying & drugs to bed. **Wear PJ's.**

Thursday: Scare away drugs and bullying. **Superhero or costume day.**

Friday: Voting for our future to be bullies & drug free!
Wear red, white & blue

10 Actions All Parents can take to if your Child is Bullying Others

1. Have an honest and firm conversation with your child
2. Make a commitment to help your child find healthy ways to resolve conflict and to stop bullying others
3. Schedule an appointment to talk with the school staff including your child's teacher(s) and the school counselor
4. Develop clear and consistent family rules for behavior and follow through on your child's compliance to those rules
5. Monitor your child's behavior closely at home
6. Your behavior teaches your children how to behave
7. Spend time getting to know your child
8. Be realistic and patient
9. Continue to work and communicate with school staff for as long as it takes
10. Don't be afraid to ask for help.



10 Actions All Parents can take to if your Child has been Bullied

1. Make it safe for your child to talk to you
2. Teach your child to say "Stop!" or go find an adult
3. Talk with your child's principal and classroom teacher about the situation
4. Arrange opportunities for your child to socialize with friends outside of school to help build and maintain a strong support system
5. Don't go it alone. Reach out to physical and mental healthcare providers
6. Encourage your child to stick with a friend
7. If cyberbullying is an issue, teach your child to bring it to the attention of an adult rather than responding to the message
8. Help your child become more resilient to bullying
9. Provide daily and ongoing support to your child by listening to them
10. Keep in touch with the child's teacher

Character Trait of the Month

