



What to Do If Your Child **Bullies**

As a parent, it can be absolutely heartbreaking — as well as stressful and upsetting — if you find out your child is bullying. Here's what you need to know about this behavior, as well as what you can do to help prevent it.



Consider possible causes:

- Wanting to fit in
- Being bullied at home
- Looking for attention
- Being naturally more assertive

Watch how you're talking about it:

- Kids who bully aren't "bad kids" — it's a behavior, not an identity
- Use bullying as a verb, not a noun
- Refer to "bullied kids" instead of "victims"

How you can address bullying:

- Make sure your child knows what's unacceptable
- Take bullying seriously
- Teach empathy
- Demonstrate that there are consequences
- Model respectful behavior

Visit bark.us/cyberbullying to learn more.

Cyberbullying
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