

# KNOW BULLYING

Bullying involves a real or perceived power imbalance and the behavior is typically repeated or has the potential to be repeated over time, causing lasting effects on both parties.



## HOW I CAN SUPPORT

### 1 TEACH EMPATHY

This helps to cultivate the ability to consciously put themselves in the mind of another individual and imagine what that person is thinking or feeling. Our children will learn to be more responsive and show more care toward others.



### 2 MODEL

Respect for others. Show ways in which you handle the stress in your life. Talk about how you cool off or calm yourself when you get escalated or agitated. Help them create their own self-care plan.



### 3 CONNECT

Take time to ask your child how their day went, who they hung out with, if anything fun happened. Continue to show interest even if they make it out to not be a big deal. A positive connection with an adult in their life is the most important factor in building a child's resilience.



### 4 JOURNALING

This is a time to ask more thought-provoking questions. Get them thinking about their values and how they would handle certain situations. Let them know that the journal would be a safe space where no judgments would be made, but rather thoughtful discussions.



### 5 FIND AN INTEREST TOGETHER

It's the little moments that allow the big picture to come together. Share memories of how you grew up, tell them stories. Create rituals that would be special between the both of you.



### 6 FOCUS ON STRENGTHS

If you focus and invest more in building up your child's strengths, you are working with your child at their best. When you notice good or high performing behavior, commend them. They will feel your positive support and recognition.



### 7 ENCOURAGE INDIVIDUALITY

Bridge differences by showing interest. Let them introduce you to concepts that may be foreign to you. Your child's identity is one in which they must courageously struggle to seek, define, and honestly claim in order to grow into the person they feel is authentically fitting and meant to be.



### 8 GROWTH MINDSET

Fostering personal responsibility and agency helps to kindle a passion for learning and a willingness to keep trying in the face of mistakes or failure.

