

# PARENTAL TIP SHEET

## WHAT IS BULLYING?

It's what happens when someone repeatedly hurts or threatens another person on purpose.

Bullying comes in many forms — name-calling, leaving people out, spreading rumors or physically hurting someone. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. It is not a normal rite of passage, it has serious consequences and it's NOT acceptable.

## HOW DO YOU STOP IT?

Explain to your children what bullying is, and that it is NEVER acceptable. Express your concern and make it clear you want to help.

Teach your child how to take a stand against bullying. Identify trusted adults who can help and what to say when asking for help.

Talk to your child's teacher instead of confronting the bully's parents. If no action is taken, talk to the principal.

Teach your child nonviolent ways to deal with bullies, like walking away or talking it out. Role-play bullying scenarios with your child.

Help your child act with self-confidence. Practice walking upright, looking people in the eye, and speaking clearly.

Don't encourage your child to fight. He or she could get hurt, get in trouble or start more serious problems with the bully.

Involve your children in activities outside of school. This way they can make friends in a different social circle.

**STOP BULLYING** **SPEAK UP**



Help your child learn how to prevent bullying by talking to them about the issue and encouraging them to **SPEAK UP**.

Take the pledge at [facebook.com/stopbullyingspeakup](http://facebook.com/stopbullyingspeakup)

[STOPBULLYINGSPEAKUP.COM/PARENTS](http://STOPBULLYINGSPEAKUP.COM/PARENTS)

# STOP BULLYING

**SPEAK  
UP**

**CN**  
CARTOON NETWORK

## WHAT IS BULLYING?

It's what happens when someone repeatedly hurts or threatens another person on purpose. Bullying comes in many forms - name-calling, spreading rumors, physically hurting someone or even leaving people out. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. Wherever it happens, it's NOT acceptable.

## HOW DO YOU STOP IT?

Whether you're the one getting bullied or someone who sees it happening, there's a lot you can do to stop it. But the best thing to do is **SPEAK UP**.

### **X TELL AN ADULT**

You've got to talk to somebody - your parents, a teacher or someone you can trust to step in and stop the bullying. Remember, talking about it isn't tattling or snitching. You're helping someone out.

### **X BE FRIENDLY**

Saying a few kind words to the person who was bullied makes a huge difference. Try something like "I'm sorry that happened to you." Let them know bullying is not OK, and it's not their fault.

### **X GET INVOLVED**

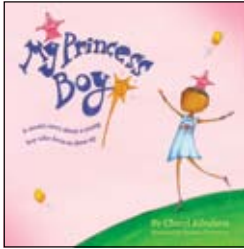
Volunteer to help with your school's bullying prevention program. Encourage everyone at your school to speak up against bullying. Together we can make a difference and help stop bullying. So speak up.

**CN**  
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**CHECK it..**

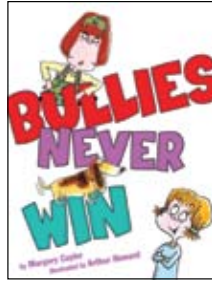
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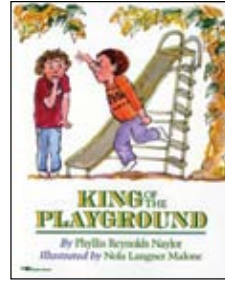
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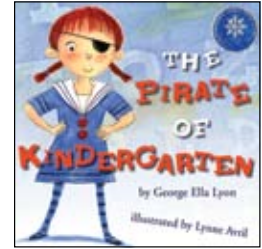
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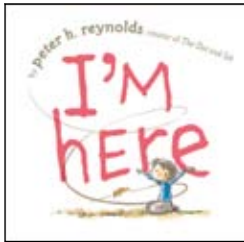
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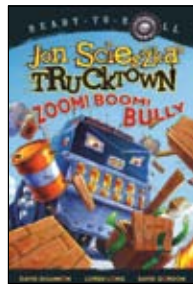
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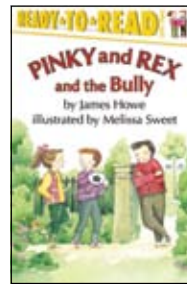
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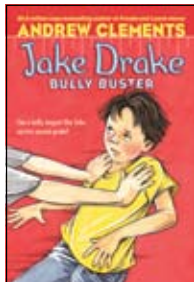
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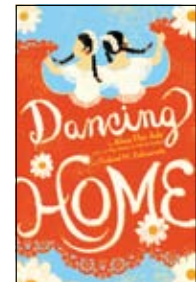
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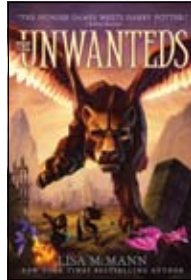
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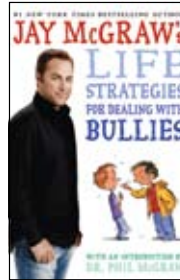
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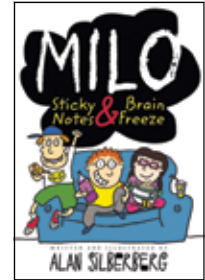
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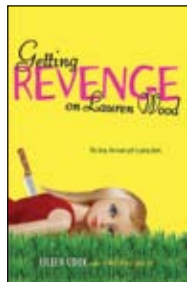
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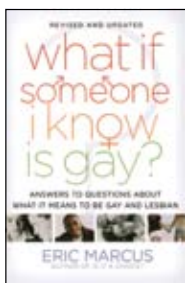
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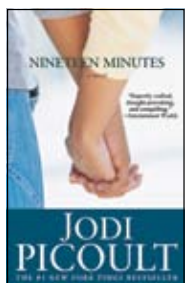
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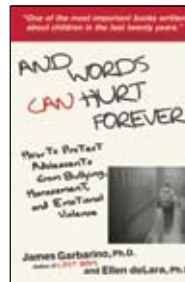


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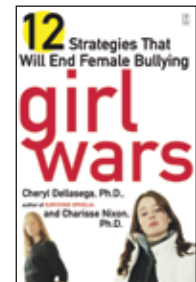


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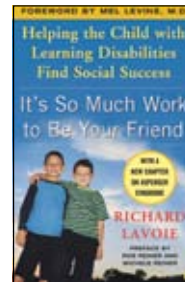
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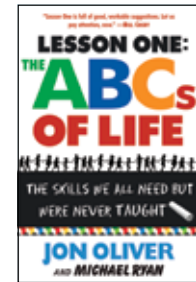
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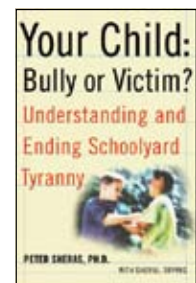
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