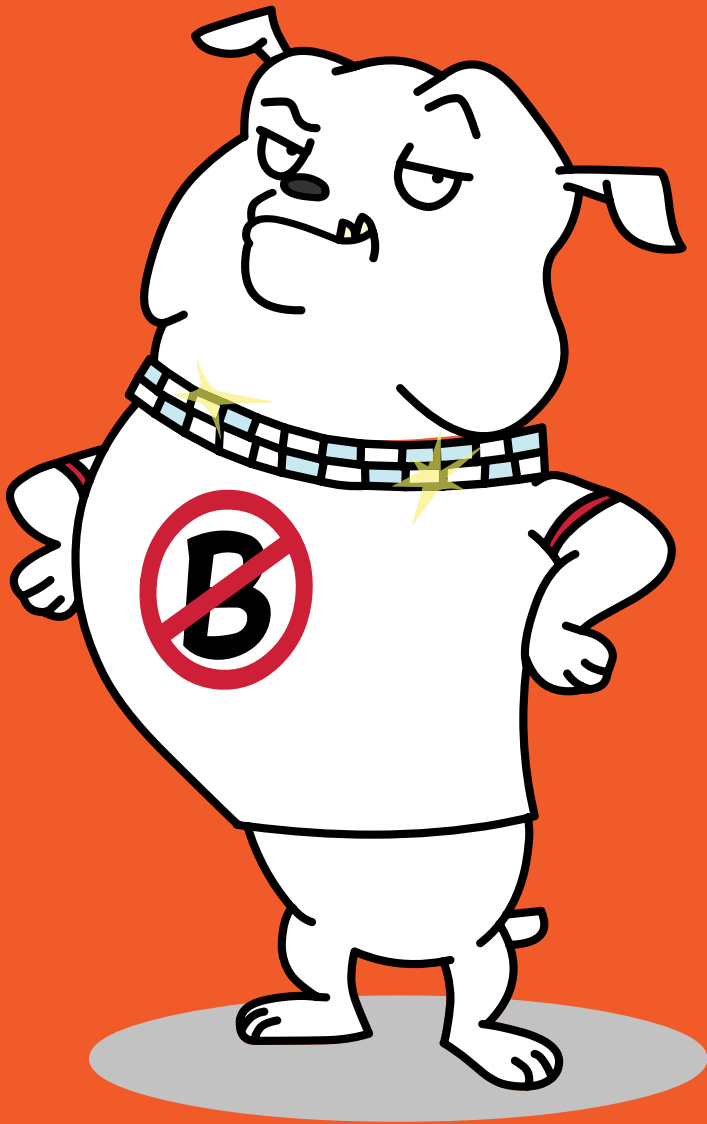


BE A BULLDOG. NOT A BULLY.



1. COMMIT

Make a commitment to yourself and to your child that you will overcome this. A child's confidence in you can immediately help the problem.

2. SUPPORT

Give your child positive reinforcement at home. Focus on your child's strengths and gifts, not on their weaknesses. A child with higher self-esteem may cope better with bullying and be less inclined to bully others.

3. LISTEN

Hear what you child is not saying to you. See what they are not showing you. Be aware of physical, psychological (depression or anxiety) and behavioral signs (reluctance to go to school or avoidance of school activities) that your child may be bullied.

4. PROTECT

Your first step in confronting bullying is to make your child feel safe. Do not confront bullies or their parents and reassure your child you will not do so.

5. ENGAGE

If your child is the victim of bullying, engage their school. Find out what their policies are on bullying, how your child can safely report bullying, and what resources are available for you to help your child.

6. REASSURE

Explain to your child that bullying comes from a place of weakness, not of strength. A bullied child should not be ashamed of being bullied.

7. PRACTICE

Tell your child to never respond to bullying with anger or aggression. Simply walking away from a bully or the word "NO" delivered with in a loud, confident voice can be strong deterrents.

8. RULES

If your child engages in social media, make it a family policy that you are an online "friend" with full access to their communications.

9. INTROSPECT

Unfortunately bullying often starts in the home with siblings, critical comments, aggressive behavior to others, or unhealthy lifestyles. Look inside your home and at your own behavior toward others. As a parent, you are one of your child's most influential role models.

10. KNOW

"They are just kids", "everyone gets bullied", and "just toughen up" are not acceptable responses to bullying.

HELP SHERMAN END BULLYING!