



How to Help Your School Stop Bullying Before it Starts, by Dr. Brad Schwall

Parents and guardians can help their children's schools stop bullying before it starts. Communication, supervision, and guidance from parents and guardians is necessary to preventing bullying and creating a positive school environment.

Talk

- Talk to your child about what it means to give respect.
- Talk to your child about the importance of respecting differences.
- Talk about how rudeness leads other people to feel.

Guide

- Guide your child to think of ways to ignore rude comments.
- Guide your child to learn ways to create positive interactions.
- Guide your child to brainstorm ways to handle bullying.
- Guide your child to be confident and not give the words and actions of others too much power.

Model and Affirm

- Model how to give respect by treating others respectfully.
- Affirm your child when he or she gives respect to others.

Adults are the leaders in children's lives and can influence them to be polite by example. Teaching empathy and respect is a process that takes an ongoing commitment between school and home.

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