Help Stop Bullying

1. Learn About Bullying
   Bullying is:
   - When a person tries to hurt someone
   - When it happens again and again
   - When power is not equal

2. Talk to Your Child
   Ask Questions:
   - Who do you talk to at school?
   - What do you do at recess?
   - Who do you have lunch with?

3. Learn the Signs
   Some Warnings Are:
   - Personal items missing
   - Feeling sick
   - Do not want to go to school

4. Work With the School
   Work With the School
   - Tell your child that it is not okay to bully or allow bullying
   - Tell your child to use STOP WALK & TALK
   - If you think your child is bullied at school, tell your child’s school

5. Learn About Cyberbulling
   Cyberbullying is Bullying Using Technology
   - Watch your child’s Internet activity
   - Teach your child how to be responsible
   - Control your child’s cell phone use

Visit isd742.org/pbis for more information and resources, including your school’s Safe and Supportive Schools Plan.