Tips for talking about bullying with your child:  
  
\* Listen to your child  
\* Try to keep your emotions in check   
\* Remind your child that no one deserves to be mistreated  
\* Discuss non-aggressive solutions   
\* Identify an adult at school your child trusts to go to if they feel unsafe or need to talk  
\* Document all incidents to include where, when and who  
\* Help your child develop new friendships    
\* Be a role-model for positive, healthy relationships  
\* Work with teachers, counselors and principals to provide your child with a safe learning environment  
\* Seek help if your child talks about suicide or seems unusually upset  
  
For more information on bullying go to:  
Center for Safe Schools:   <http://www.safeschools.info/bullying-prevention>  
Federal Stopbullying:  <http://www.stopbullying.gov/>