



Viewpoints

## Educating Parents On How to Identify and Address Bullying

Identifying bullying can be a daunting task for parents, but proactive measures and keen observation can make a significant difference in safeguarding children. It is crucial for parents to establish open lines of communication with their children, fostering an environment where kids feel comfortable sharing their experiences. Encouraging regular conversations about their day-to-day activities, friendships, and feelings can help parents detect subtle signs of distress. Additionally, educating themselves about the various forms of bullying—physical, verbal, social, and cyberbullying—enables parents to recognize behavioral changes such as withdrawal, anxiety, or reluctance to attend school, which may indicate their child is being bullied.

Empowering parents with knowledge and resources is equally essential. Schools, communities, and online platforms can provide valuable tools and information to help parents stay informed about bullying and its impact. Parents should familiarize themselves with school policies on bullying and actively participate in school activities to build a network of support. Collaborating with teachers, counselors, and other parents can provide a broader perspective on their child's social interactions. By staying vigilant and engaged, parents can not only identify bullying early but also advocate effectively for their child's well-being and foster a supportive environment for all children.

**Your son got shoved against the lockers at school for the third time this week. Your daughter's former friend group won't stop spreading nasty rumors about her — in the hallways and online.**

**Being bullied is scary and traumatic for youth. It can also leave parents flailing for the right response: Who should I call? How can I help? What should I say to my child?**

[www.chalkbeat.org/...](http://www.chalkbeat.org/...)



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