

## Anti-Bullying Action Steps for Parents



As parents, we are the first role models for our children, and we influence them with every move, every word, and every look. While this can seem overwhelming, intentional parenting is imperative to raising resilient, healthy, and well-adjusted kids and future adults. With this in mind, we developed the following action steps for parents. These steps are based on Developmental Assets research, the qualities and external factors that we know kids need

to be successful.

- **Be a Good Role Model** – No parent is perfect, but it's important for every parent to recognize and remember that your kids are *always* watching you! Be sure that you behave in ways that you would like to see replicated.
- **Create a Supportive Family Environment** – All families are different, so there is no cookie-cutter approach to this action step. Your family's culture is defined by all members of your family. Get to know your kids, find out what they love, and then support those passions.
- **Engage in Positive Family Communication** – With our children, we need to be sure that what we say is what we mean, and that they do not have to read into situations. How we teach them to communicate in our homes will then carry over into how they communicate at school and with their friends
- **Promote Positive Relationships with Other Adults** – We are not meant to raise children without some help. We need to help our children connect with other positive adults who can mentor them and assist them as they grow up.
- **Be Involved in Your Child's Schooling** – Attend school conferences, know your child's teacher, and volunteer in any way that you can. If you make an effort to establish a relationship with your child's teacher or school administrator, it will also be a huge help if the need arises for you to have a hard discussion.
- **Provide Clear Boundaries and Safety** – Children need clear guidelines to follow as they grow up, and they need to feel safe. Parents need to set clear boundaries for behavior and should have high expectations in terms of respect for self, others, and property.

**For more anti-bullying action steps, please visit:**

<http://www.parentfurther.com/high-risk-behaviors/bullying/parents>