



Talk to your
kids about
BULLYING

WHY TALK ABOUT BULLYING?

Bullying is when one child repeatedly picks on another child, who is generally seen as weaker and more vulnerable.

Bullying affects all children – as victims, bullies or bystanders. Talking about bullying lets children know that you are supportive.

WHEN CHILDREN ARE BULLIED

Listen to them. Make it clear that it is not their fault.

Teach self-respect. Help them develop a sense of self-worth.

Do not teach them to fight back.

Help them search for answers.

Get involved at their school. See what programs are available to help prevent bullying.

WHEN CHILDREN ARE BULLIES

Model caring and empathetic relationships at home.

Help your children to develop their skills and interests.

Establish consistent rules and limits.

Recognize and reward positive attitudes, behaviors and actions.

Avoid use of physical punishment, harsh criticism and violent emotional outbursts.

*Source: AMA Council on Scientific Affairs, 2002
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