



## Family Matters Parent Training & Information Center

### Fact Sheet: Bullying – What to Do as a Parent/Guardian

1. LISTEN. Allow a child to share their experiences openly and without judgment. Affirm and validate what they share and let them know you support them.
2. Be clear that what is happening is not their fault and nothing they do or don't do is causing the bullying behavior.
3. Brainstorm resources and safe adults that can support. Help them build a team of supporters.
4. Learn about the laws around bullying in your state.
5. Document the specific concerns and events that your child reports to you.
6. Talk about and demonstrate respect and boundaries. Help your child practice setting boundaries clearly and directly.
7. Let your child know that it is NOT their job to stop the bullying and that it is ok to need help.
8. Reach out to your child's school guidance counselor and ask about their bullying reporting system.
9. Connect your child to appropriate counselors in your community and offer ongoing mental health support for as long as needed.

#### Resources:

PACER National Bullying Prevention Center: <https://www.pacer.org/bullying/>

State Laws, Illinois: <https://www.stopbullying.gov/resources/laws/illinois>

Recordkeeping and Bullying from PACER: <https://www.pacer.org/publications/bullypdf/BP-3.pdf>

PACER Center – What Parents Need to Know about Bullying:  
<https://www.pacer.org/bullying/parents/helping-your-child.asp>

What Adults Can Do from Stopbullying.gov: <https://www.stopbullying.gov/prevention/on-the-spot>

Illinois State Board of Education Bullying Prevention: <https://www.isbe.net/Pages/Bullying-Prevention.aspx>

Illinois State Board of Education – What Do I Do if my Child is the Target of Bullying?:  
<https://www.isbe.net/Documents/Bullying-Resource-February-23.pdf>

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