



**National  
PTA<sup>®</sup>**

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## National PTA<sup>®</sup> Connect For Respect Initiative

# What You Can Do

### Ask Questions

Asking questions about your child's day will help strengthen your relationship and help you know whether or not your child is being bullied. Make it a habit to talk about your child's school day. Ask about experiences on the way to and from school; ask about recess on the school playground, lunch time in the cafeteria and experiences in the classroom. Taking time out of your day to talk to your child will have many benefits. Make sure you ask questions to have your child divulge deeper information. Find out who their friends are, why they are having a good or bad day, and how they treat other children.

### Get Involved

If you hear that your child is being bullied do not ignore it. This will tell your child that bullying is ok. Give your child the proper support by taking cases of bullying seriously. Never tell your child that this may be their fault. Instead encourage your child to report the incident to a teacher or staff member. If the situation does not improve or stop it will be important for you to contact the teacher or school.

### Stay Calm

It may not be easy to hear that your child is being bullied. However, it is important to stay calm in order to handle the situation appropriately. Talk to your child about not resorting to verbal or physical retaliation. When speaking to teachers or school staff, remember to use specific information and not let your emotions take over. Getting upset will not help ease the situation, nor will it help reach a solution.

### Document the Bullying

Keep a log of where, when and who is involved in the bullying situation so that school staff will know the details.

### Look for Help

Ask your school administrator or your child's teacher if they have a policy on bullying. There are many resources available to inform parents on how to deal with bullying, as well as resources for children on bullying. Visit the resources on the [PTA.org](https://www.pta.org) website, or reach out to your local PTA. Together we can all become involved in preventing bullying and keep our children and schools safe.

### About National PTA<sup>®</sup>:

PTA<sup>®</sup> comprises millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of parent involvement in schools. PTA is a registered 501(c)(3) nonprofit association that prides itself on being a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. Membership in PTA is open to anyone who wants to be involved and make a difference for the education health, and welfare of children and youth.