More than half of all kids are directly involved in bullying

Here are 10 things you can do to help.

1. **Talk with and listen to your kids - everyday.** If your children feel comfortable talking to you *before* they're involved in a bullying event, they're more likely to talk to you *after*.

2. **Spend time at school and recess.** Sixty-seven percent of bullying happens when adults are not present. You can make a real difference by volunteering on campus.

3. **Be a good example of kindness and leadership.** Any time you speak to another person in a mean or abusive way, you're teaching your child that bullying is ok.

4. **Learn the signs.** Learn to recognize possible signs of being victimized and if you suspect that a child might be bullied, talk directly to your child about the situation.

5. **Create healthy anti-bullying habits early.** As early as kindergarten it will help to role play what to do (and what *not* to do) in bullying situations with your child.

6. **Help your child's school address bullying effectively.** Whether your children have been bullied or not, you should learn about what their school is doing to address bullying.

7. **Establish household rules about bullying.** Your children need to know your expectations of how they treat others and how others treat them.

8. **Teach your child how to be a good witness.** Although it's never a child's responsibility to put himself or herself in danger, kids can often effectively diffuse a bullying situation.

9. **Teach your child about cyberbullying.** Cyberbullying is as harmful as physical violence and must not be tolerated.

10. **Spread the word that bullying should NOT be a "normal part of childhood".** All forms of bullying are harmful to the perpetrator, the victim, and to witnesses.

Bullying is a big problem but if we all work together, it's one we *can* impact.

For more information about bullying and additional detail about the actions on this list, please visit www.education.com.

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