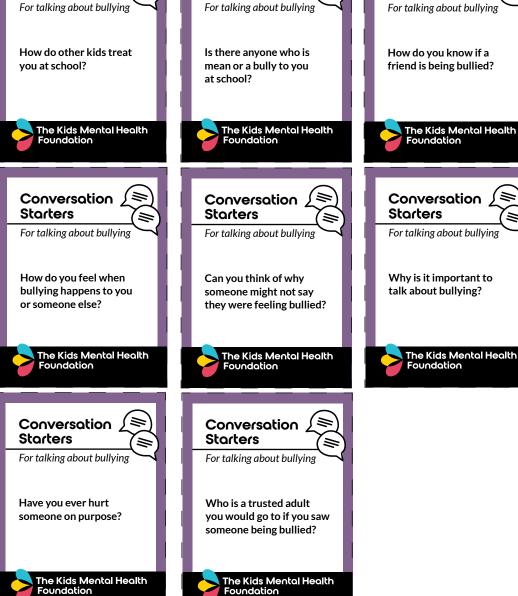
Bullying Conversations Starters

- Choose a time when you can talk to your child privately.
- If possible, choose a time that is calm and where emotions aren't high.
- Try not to react strongly if they share about a time they were bullied. This conversation is about learning how your child is feeling and how to support them. You may need time to process your thoughts and feelings individually if they share something difficult. It's OK to tell them that the behavior they experienced/witnessed was NOT OK but keep yourself calm and try to avoid raising your voice or threatening immediate action.
- Remind your child you love them and you are there to support them, no matter what.







For talking about bullying

What do you do if you

The Kids Mental Health

see bullving?



Conversation

Starters