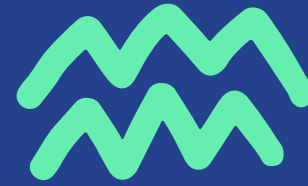


Free Information for
Parents/Guardians



Helping Your Child Deal with a **Bully**

The effects of bullying can be serious and result in violent behavior, poor grades, drug abuse, and mental health issues.

[_stopbullying.gov/bullying/effects](https://stopbullying.gov/bullying/effects)



FREE

Disclaimer: The strategies and templates in this guide are based on my 40+ years of professional experience as a teacher, school principal, and parent. While these tools are designed to support your advocacy, they are for educational purposes only and do not constitute legal or psychological advice. Every school situation is unique; please consult with your school's administration or professional counsel regarding specific legal rights or safety concerns.



[Bianchiconsulting.com](https://bianchiconsulting.com)



What is Bullying?



Different than a “one-time” argument

Bullying is different from a one-time argument or someone being mean

An Imbalance of Power

The person bullying uses their popularity, strength, or knowledge to control or harm others.

Repetition

The behavior occurs more than once or has the potential to occur repeatedly.

Intent to Harm

The goal is to make the other person feel hurt, afraid, or excluded.





The Real Cost of Bullying

01

Declining
academic
performanc
e

02

Increased
risk of
substance
abuse

03

Severe
mental
health
struggles

04

Potential for
violent
behavior



▶ Focus on your emotional reaction

▶ Keep your own emotions in check

When Your Child is Being Bullied

A Parent's First Steps- Safe Space!



**Helping Your Child
Find Their Voice**



Then, Empowerment & Coaching

Help your child find their voice and give them the tools for the next encounter.



Thank You

For Your Interest

The Complete Guide with takeaway resources can be found below.

Help Your Child Bundle:

1. Complete Guide with suggested scripts and school “know-hows”.
2. Documentation Log (ready-made).
3. Access to a private Facebook Group where you can ask questions and get support.

Note: For further guidance on implementing these strategies, you can explore the Bullying Resources provided by The Kids Mental Health Foundation, which include specific tips to combat bullying and conversation starters.

