

# Talk Early, Talk Often.

## HOW TO TALK TO YOUR KIDS ABOUT BULLYING

Here are some questions that may help you start a conversation about bullying with your child:

- What does "bullying" mean to you?
- How do kids who bully act?
- Why do you think people bully/hurt others?
- What would you do if this is happening to you or to other kids at school?
- Have you ever felt scared to go to school because you were afraid of bullying? How would you change it?
- What do you think adults can do to help stop bullying?
- Does anyone ever get picked on, called names, or teased at school or on the bus?

Get a sense of your child's life at school by asking questions that elicit more than a one-word response.

- Can you tell me about the best part of your day?
- What was the hardest thing you had to do today?
- Can you tell me something you learned or something you did today?
- Do you think math [or any subject] is too easy or too hard?
- Who did you sit with at lunch?



To request a free presentation, please contact us at (602) 542-2123 or [CommunityOutreach@azag.gov](mailto:CommunityOutreach@azag.gov). Requests can also be made online at [www.azag.gov](http://www.azag.gov).

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## RESOURCES:

- Office of the Arizona Attorney General
  - [www.azag.gov/outreach/anti-bullying](http://www.azag.gov/outreach/anti-bullying)
- Stop Bullying
  - [www.stopbullying.gov](http://www.stopbullying.gov)
- Teen Lifeline
  - [www.teenlifeline.org](http://www.teenlifeline.org)
- Stomp Out Bullying
  - [www.stompoutbullying.org](http://www.stompoutbullying.org)
- Common Sense Media
  - [www.common Sense Media.org](http://www.common Sense Media.org)
- Arizona Department of Health Services
  - [www.azdhs.gov/prevention/womens-childrens-health/bullying-prevention](http://www.azdhs.gov/prevention/womens-childrens-health/bullying-prevention)
- National Suicide Prevention Lifeline
  - If someone is feeling hopeless, helpless or thinking of suicide, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

# 70.6%

of young people say they have seen bullying in their schools.

Source: Bradshaw, C.P., Sawyer, A.L., & O'Brennan, L.M. (2007). "Bullying and peer victimization at school: Perceptual differences between students and school staff."



### IF YOUR CHILD IS BEING BULLIED AT SCHOOL, REPORT IT TO A:

- Teacher
- School counselor
- School principal
- School superintendent
- or
- The Arizona Department of Education

\*If there has been a crime or someone is in immediate risk of harm, call 911.