

# 10 Tips to Teach Your Kids How To Combat Bullying

Effective strategies to combat bullying behaviors include teaching social and emotional skills to increase empathy. Strategies include:

- 1 | Talk to kids about **how their behavior impacts others** and [encourage kindness](#).
- 2 | Have [conversations about feelings](#) and teach [coping tools](#), especially [related to conflict](#).
- 3 | Teach that a **bystander** is someone who witnesses bullying but doesn't say anything or take action to help. **An upstander takes action to support someone who is being bullied.**
- 4 | If a child sees someone being bullied, they can ask their peer to **join their group or activity** so that they aren't alone.
- 5 | Sometimes, just **walking the child being bullied over near an adult** is helpful. If there are **safety concerns**, they should tell an adult right away.
- 6 | If it's safe, a child can tell the bully something like: "Please stop. This is bullying and that's not OK." **Speaking up creates a culture that does not accept unkind, bullying behaviors.**
- 7 | If there are **no safety concerns**, a child can ignore the bully, making it less rewarding for the bully and less likely that they'll continue.
- 8 | **Teach assertiveness skills** like speaking clearly, firmly and directly; confident body language; and making eye contact.
- 9 | Encourage children to keep a peer or adult around them to **stop bullying attempts**.
- 10 | **Contact school staff** to come up with a plan together. Talk with your child about a safe adult they can talk to and report bullying behavior when it happens.