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10 Ways Parents Can Help Children Cope with Bullying

- 1. Teach Children Not to Over-React to Conflict or Teasing**
- 2. Help Kids Build Solid Friendships**
- 3. Encourage Individual Talents and Feelings of Competence**
- 4. Stay Calm, and Don't Become Overly Emotional**
- 5. Be an Active Listener, Not a Detective**
- 6. Avoid Blaming and Forcing a Confrontation**
- 7. Role Play Ways of Responding to Taunts or Provocations**
- 8. Know When to Call in Teachers and Administrators**
- 9. Model Ways of Handling Conflict at Home**
- 10. Practice Tolerance, Compassion and Good Citizenship**