

Keeping Your Kids Safe at School

Keeping your child or teen safe at school starts at home. Teach your kids to respect others. When others show respect, they gain respect. Kindness and respect for others create an open and peaceful environment.

- **Create a home environment without secrets.** This lets your child know they can come to you with any topic.
- **Know their environment.** Talk to their teachers and know their friends and friends' parents. Be active and volunteer when you can.
- **Teach your child emergency survival skills.** They should know who to call in an emergency, what to do if they don't feel safe, and how to report incidents.
- **Supervise your child's online activity.** Use filters and monitor what they are doing online.
- **Ask about their friends and school.** Talk to them about their daily interactions and encourage them to tell you any concerns.
- **Encourage them to be active in extra activities.** This builds confidence and helps them make friends.
- **Talk about bullying and help them understand what it is.** Role play what to do if they are bullied.



If you know your child is being bullied at school, contact someone.

- Call the school's teacher, guidance counselor or principal. Ask for a copy of the school's policies to find out if the framework is in place to resolve the problem.
- Keep the lines of communication open to make sure the situation is being resolved.
- Try to keep your emotions in check and give only the facts when describing the bullying situation to those in charge.
- Do not contact the parents of the bully. This may cause more problems.