



Parent - 5 Things to Ask Your Child This Month

A parent never wants to see their child being hurt. Unfortunately, bullying can be very hurtful. And it comes in many forms. Bullying can be physical, verbal, in person or online. Some people bully quietly; others do it loudly. No matter *how* someone acts like a bully, it is never OK. Especially when your child is being bullied – or is the bully. That’s why it is important to have a conversation with your child. And what better time than this month, which is National Bullying Prevention Month? #KindVibes start at home.

Here are five conversation starters:

- 1. *Do you know what it means to be a bully, and why it is wrong to be a bully?***
- 2. *What would you do if you were bullied? What if you saw someone being bullied? How would you respond?***
- 3. *Have your teachers ever talked to your class about bullying and how to prevent it?***
- 4. *Do you have friends you can count on at school to help you if a bully ever tries to hurt you?***
- 5. *What do you think we can do, starting here at home, to spread more kindness?***

If your child tells you they have been bullied, refer them to our #KindVibes Student page [here](#), where they can find information on how to deal with a bully.

