



# Action Steps For Parents

Parents can help prevent sexual violence and bullying.

## 4 Action Steps:

- 1 Ask your teens questions:** "I'm really concerned about bullying and harassment at your school. This is really hard to deal with. Do you see much of that going on? What do you think you could do if you see it?" Start early...tell your kids they can always talk to you.

- 2 Get involved at school.** Join the PTA or a subcommittee for policy-shaping. Do you have a copy of the schools policy so you know whom to call if you have questions about bullying policies?

- 3 Give your child options** to safely intervene and stop bullying. Teach them the four D's:

**Direct:** Intervene safely by standing up to the bully or helping the victim walk away.

**Distract:** Re-direct focus away from the bullying behavior.

**Delegate:** Let someone else know what's going on.

**Delay:** After the situation is over, be a good friend to those affected by the bullying.

- 4** If your child intervenes and it goes badly, **discuss using a different way** to approach the situation next time.

Talk to your kids about sexual violence and bullying.