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# Bullying Parent Resource Guide

Fall 2025

Evergreen Community Charter School Counseling Department

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## What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have [serious, lasting problems](#).

## What is “not” Bullying

Bullying is not a “normal part of growing up.”

- a. Healthy relationship skills are something that kids need to learn, but hurting others or being hurt yourself is not.
- b. Also, being in a bullying relationship does not help one develop the skills to form healthy relationships. It actually practices participating in abusive relationships.

## Cyberbullying

The world becomes more connected via new social media platforms, apps, and devices every day. It is important to stay informed and aware of how to allow children access to the internet safely to reduce the potential of being cyberbullied. [“Digital Awareness for Parents”](#) has information about how to prevent cyberbullying as a parent with a child in a digital world.



## What Can I Do as a Caregiver/ Parent?

- Ask yourself, “Am I truly a good listener with my child?”
  - Become involved in your child’s life by doing things such as helping them with their homework, reading with them, and attending school functions.
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- Ask questions with genuine curiosity about their friends, groups they are in, and monitor their activity online.
- Communicate with them positively and casually so they are more likely to come to you when something is bothering them.
- Discuss hypothetical bullying situations with your children and brainstorm various ways to act. Role playing conflict situations works well, too.
- Help your child build social skills and effective conflict resolution skills.
- Help your child develop self-esteem independent of friendships. Don't rely on the school to do this. Volunteer work is one way to boost confidence and a strong sense of self.
- Be a role-model for your child. Show them through your actions how to express anger, frustration, and standing up for yourself in a healthy/constructive way.
- Show empathy yourself and teach children to tolerate differences and exhibit empathy for others.
- Have very clear expectations for your child on how to treat others both at school and in the home.
- Talk to your kids about your own experiences with bullying and the feelings associated with them.

For many more examples, go to [“How to Talk about Bullying”](#)

## Additional Resources

Websites to explore with or for your kids:

[Stopbullying.gov](http://Stopbullying.gov)

US Department of Health and Human Services website for adults to learn more to prevent bullying.

[Pacer Center's Teens Against Bullying](#)

Teen friendly and interactive and appropriate for grades 5-12.

[PACER's National Bullying Prevention Center](#)

Free bullying prevention resources to unite K-12 students, their families, educators and the community.

[Resources to Fight Bullying and Harassment at School](#)

Discover websites, organizations, articles, planning guides, lesson plans, and other resources dedicated to preventing bullying and harassment.



### [Learning for Justice](#)

Many links to ways of teaching about bullying for many different age groups.

### [What Kids Have To Say About Bullying And How To End It | Tina Meier | TEDxBend](#)

A TED talk from a mom who lost her daughter to cyberbullying, and how she is advocating for change.

### [Common Sense Media](#)

This nonprofit rates movies, TV shows, podcasts, books, and more so families can feel good about the entertainment choices they make for their kids.

### [My Child is Being Bullied—What Should I Do?](#)

An interview with Peggy Moss, a nationally known expert on bullying and a tireless advocate for the prevention of hate violence, to discuss bullying and what parents can do when they suspect their child is being bullied.

### [Get Help Now!](#)

A guide for what to do if you or someone you know is being actively bullied.