

## RCW 28A.300.285

ridiculing, yelling, or ignoring your children when they misbehave.

- Help children learn the social skills he or she needs to make friends. A confident, resourceful child who has friends is less likely to be bullied or to bully others.
- Praise children's kindness toward others. Let children know that kindness is valued.
- Teach children ways to resolve arguments without violent words or actions.
- Teach children self-protection skills—how to walk confidently, stay alert to what's going on around them, and to stand up for themselves verbally.
- Provide opportunities for children to talk about bullying, perhaps when watching TV together, reading aloud, or going to the park or movie.
- Recognize that bullies may be acting out feelings of insecurity, anger, or loneliness. If your child is a bully, help get to the root of the problem. Seek out specific strategies you can use at home from a teacher, school counselor, or child psychologist.

<https://www.stompoutbullying.org>

**BULLYING IS NEVER RIGHT**



This law, effective 8/1/11, mandates that the schools adopt or amend a policy and procedure that prohibits harassment, intimidation or bullying of any student. This includes any intentional electronic, written, verbal, or physical act toward any student. One person in each school district shall be designated as the primary contact regarding harassment, intimidation or bullying.

This new law also provides that a school employee, student, or volunteer who has witnessed or has reliable information of harassment, intimidation, or bullying is encouraged to report such incident to the appropriate school official without fear of retaliation.

### **Crisis Text Line (U.S. Only)**

Text HELLO to 741741 or message us at [facebook.com/CrisisTextLine](https://www.facebook.com/CrisisTextLine) to chat with a Crisis Counselor

### **Hope Line**

Call or text 919-231-4525 or 1-877-235-4525  
<https://www.hopeline-nc.org/>

### **TeenLine**

310-855-Hope (4673)  
800-TLC-TEEN 852-8336  
Or text TEEN to 839863  
6pm to 10pm Pacific Time, every night  
<https://teenlineonline.org>

### **Thursday's Child Nation Youth Advocacy Hotline**

800-USA-KIDS (800-872-5437)  
Twenty-four hours a day, seven days a week  
<http://www.thursdayschild.org>

CAH 04/04/2019

# Bullies

A Serious  
Problem  
for Kids



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