

Report Bullying

Help us prevent bullying at school by calling our
all new “Patriot Partners Bullying Hotline”.

Calls are ANONYMOUS!

757-283-7876





Denbigh High School

Bullying Prevention Tips for Parents

1. Encourage your child to report bullying incidents to you.

- Validate your child's feelings by letting him/her know that it is normal to feel hurt, sad, scared, angry, etc.
- Let your child know that s/he has made the right choice by reporting the incident(s) to you and assure your child that s/he is not to blame.
- Help your child be specific in describing bullying incidents: who, what, where, when. (Look for patterns or evidence of repeated bullying behaviors.)
- Review the handout provided by school from Virginia Rules Bullying Information with child.
- Encourage your child to use the **Bullying Hotline Number-(757) 283-7876**

2. Coach your child in possible alternatives.

- Avoidance is often the best strategy.
 - Socialize (school /community) in a different place. .
 - Stay near a supervising adult when bullying is likely to occur.
- Look for ways to find new friends.
 - Involve your child in social activities outside of school.
 - Participate in other activities at school to meet new people and avoiding negative peers

4. Treat the school as your ally.

- Share your child's concerns and specific information about bullying incidents with appropriate school personnel (administrator, school counselor, security or SRO).
- Work with school staff to protect your child from possible retaliation.
- Establish a plan with the school and your child for dealing with future bullying incidents.

5. Encourage your child to seek help and to report bullying incidents to someone she/he feels safe with at the school:

- Adult in charge of a specific activity or area (such as the lunchroom, field trips, bus lines, gym, classroom)
- Teacher
- Counselor
- Principal
- SRO-School Resource Officer
- Security Officer

7. Encourage your child to continue to talk with you about all bullying incidents.

- Do not ignore your child's report.
- Do not advise your child to physically fight back. (Bullying last longer and becomes more severe when children fight back. Physical injuries often result.)
- Do not confront the child who bullies