



# BULLYING IN THE KNOW

## BULLYING AFFECTS THE ENTIRE FAMILY

It's common for parents to feel powerless and frustrated when their kids are getting bullied. But often parents don't know it's happening. Parents play a vital role in supporting their kids, helping them be upstanders, and teaching and modeling empathy in the home and beyond. We've provided resources below to help you with these discussions and to empower you to stand up for your child effectively- when working with a school to resolve a bullying situation.

**HELP YOUR KIDS BE  
MORE THAN JUST A  
BYSTANDER**

**CHECK OUT THIS  
INTERACTIVE  
RESOURCE**



<http://stopbullying.adcouncil.org/bully>

[www.thebullyproject.com.au](http://www.thebullyproject.com.au) • #blindeyesopen