

# Prevent bullying at YOUR child's school and after-school centre.

## – five tips for parents

**1** Help your child to arrange to play with lots of children in his or her class – both in school and at other times.

**2** Do not say bad things about other children in the class, their parents, teachers or classroom assistants.

**3** Introduce a social policy for birthdays.

**4** Encourage your child to stand up for him/herself and defend his/her friends.

**5** Be open and positive when other parents tell you about their children's problems.

