

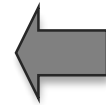
How To Help Your Teen

Engage in conversations with your teen



Be open with your teen about any bullying you have encountered. Be receptive when they choose to confide in you. Talk openly together about their experiences.

Encouraging healthy friendships in a variety of settings, such as sports teams or groups outside of school, can help ensure your teen has friends who support them.



Promote positive friendships

Help build their confidence



Give teens ample opportunity to participate in activities they enjoy. Tell your teen what you like about them and compliment them when they do well. Teach them how to be assertive, without being aggressive.

Take bullying seriously. Talk with your teen about issues they're facing and help them problem solve. Get help from other adults, such as teachers, administrators or coaches. Seek out help until the problem gets better.



Be their biggest advocate

