



BULLYING PREVENTION IN SCHOOLS STARTS WITH ADULTS

Kids may not always recognize teasing as bullying, and some kids also may be too embarrassed or ashamed to talk to their parents about it. That's why it's important to talk about online and digital behavior before your child starts interacting with others online.

To prepare your child for going online or if you know that they are being bullied online, offer them these steps from [Common Sense Media](#) that can be taken immediately:

- **Sign off the computer.** Ignoring a bully and walking away is definitely not a coward's response! Bullies thrive on the reaction they get, and if you walk away or ignore hurtful emails or instant messages, you're telling the bully that you just don't care
- **Don't respond or retaliate.** If you're angry or hurt, you might say things you'll regret later. Cyberbullies often want to get a reaction out of you, so don't let them know their plans have worked
- **Block the bully.** If you get mean messages through an instant messaging or a social networking site, take the person off your buddy or friends list. You also can delete messages from bullies without reading them
- **Save and print out bullying messages.** If the harassment continues, save the evidence. This could be important proof to show parents or teachers if the bullying doesn't stop
- **Talk to a friend.** When someone makes you feel bad, sometimes it can help to talk the situation over with a friend
- **Tell a trusted adult.** A trusted adult is someone you believe will listen and who has the skills, desire and authority to help you. Telling an adult isn't tattling – it's standing up for yourself. And, even if the bullying occurs online, your school probably has rules against it.



For more information and resources, on bullying prevention, visit www.capta.org/bullying-prevention.

SUICIDE PREVENTION RESOURCES

If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. Don't be afraid! Talking openly about suicidal thoughts and feelings can save a life. Talking about suicide won't give the person ideas about death. The opposite is true – bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

Tell the person you are worried about them. Mention the warning signs you have noticed. Ask the person if they are thinking about suicide. If they say they are feeling hopeless or considering suicide, take them seriously.

Express concern and reassure the person. Listen with empathy and provide support. Someone who is experiencing emotional pain or suicidal thoughts can feel isolated, even with family and friends around.

Provide the person with resources you have come prepared with:

- Call the National Suicide Prevention Lifeline anytime at **1-800-273-8255**
- Text HELLO to 741741. The Crisis Text line open 24/7, and is free and confidential
- If you feel the situation is critical, take the person to a nearby emergency room or walk-in psychiatric crisis clinic, or call **9-1-1**
- Visit www.SuicidePreventionLifeline.org



Help the person create a safety plan that can help guide them through a crisis and help keep them safe. A safety plan is a written list of coping strategies and sources of support for people who are at high risk for suicide. Make sure the person you care about keeps the plan easily accessible in case they have thoughts of hurting themselves.

Learn more about warning signs and resources at www.capta.org/suicide-prevention.

TAKE ACTION

School Water Safety Testing



Has the water system at your child's school been tested for lead contamination?
LEARN MORE

Helping Kids Handle School Shootings



Learn how to talk to your child about a school or community shooting.
READ MORE

Monthly Health & Safety Webinars



Join state leaders each month to hear the latest in health and community concerns.
MORE INFORMATION

Impact of Heat on Student Health



Heat can have a negative impact on a child's health and performance.
LEARN MORE

This email is being sent to all unit, council and district PTA health and community concerns officers, as well as key policy leaders.