

CREATE A BULLY-FREE HOME

P Present yourself as a model of non-violent behavior.

R Refrain from aggressive behavior when angry.

R

E Emphasize that you disapprove of fighting and insults.

V Voice support for anger management and conflict resolution.

V

E Emphasize the importance of communicating through discussions, not actions.

N Never make fun of or belittle your child for any reason.

N

T Talk about any act of violence your child has witnessed.

I If changes occur in your child after he or she sees a violent encounter, seek professional help.

I

O Overcome the urge to scream or hit your child when upset.

N Neutralize conflict.

N

