



Mean Girl Bullying

Parents Tips

- **Involve** girls in activities outside of school so they are exposed to different types of people.
- **Encourage** relationships with adults and other children who appreciate them for who they are.
- Be available to **listen** and don't downplay the importance of an incident.
- **Teach** kindness and model that behavior.
- **Talk** about both sides of an issue. Girls may tell you about being a target but not talk about being the aggressor themselves.
- If your daughter is caught in the middle, encourage her to take the high road and **support** the victim, not be a bystander, and not take part in the aggression.
- If necessary, seek professional counseling.
- Become computer savvy.
- **Set guidelines** for computer use- where they can use it and the length of time they can use it.
- **Be aware** of their online activities- **research** filtering