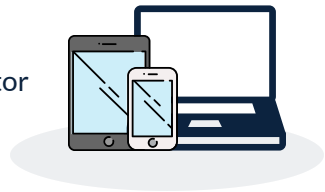
5 Steps Parents Can Take to Address Bullying of Their Child

Parents are their child's best advocate and can play an important role in both preventing and responding to the bullying of their child with a disability.



1 KEEP ALERT TO THE SIGNS OF BULLYING

Watch for changes in your child's behavior and check out these signs that might indicate that your child is either being bullied or bullying others. Monitor your child's use of electronic devices such as a phone, tablet or laptop. Ask if you might "friend" or "follow" your child's social media activities.



2 TEACH WHAT TO DO IF BULLYING OCCURS

Encourage your child to be an "upstander"--someone who speaks out when they see or hear about bullying. If your child is bullied, teach her or him this simple response: have them tell the bully to STOP, then WALK away from the bully and TALK to you or a trusted adult or use the app below.



3 DOWNLOAD THE *SPEAK NOW HIDOE* APP

This reporting app available from the Apple App Store or Google Play instantly informs the Department of Education about bullying that occurs on school campuses, on the school bus or at school-sponsored activities. Students can choose to make an anonymous report, if they prefer.



4 USE THE IEP TO PUT PROTECTIONS IN PLACE

If your child is a potential victim for bullies, you can ask that IEP goals include self-advocacy skills and opportunities to build friendships with other students as a means of deterring bullying. When your child is being actively bullied, you may want to enlist the IEP team to ensure hallway or playground monitoring by school staff and other protections are provided.



5 JOIN OTHERS IN RAISING AWARENESS

Just this month, a number of organizations, including the Community Children's Councils and Leadership in Disabilities and Achievement of Hawaii have planned events around the prevention of bullying. Consider adding your own voice and advocacy to their efforts.



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Sources: Guidance from the HIDOE on what parents should know and can do about bullying
Speak Now reporting app flyer