

My Teen Is Being Bullied

A PARENT ACTION GUIDE



1 START WITH YOUR TEEN

Listen first. Let them know they are not alone and it's not their fault.

- ✓ I'm really glad you told me.
- ✓ I'm sorry this is happening.
- ✓ You didn't do anything to deserve this.
- ✓ We'll figure this out together.

2 GET CLEAR ON WHAT'S HAPPENING

Write it down. Save evidence. Look for patterns.

Document:

- ✓ What happened, when, where, and who was involved
- ✓ Screenshots, texts, emails, or posts
- ✓ Who witnessed it
- ✓ Who you reported it to
- ✓ What response was promised

3 WORK WITH THE SCHOOL

Ask for a plan to keep your child safe and hold them accountable.

Ask these questions:

- ✓ Who will investigate this?
- ✓ What will be done to keep my child safe?
- ✓ How will you prevent retaliation?
- ✓ What is the follow-up plan and timeline?

4 IF IT DOESN'T STOP, MOVE IT UP

Don't give up. Escalate until your child is safe.

Your escalation path may look like:

- ✓ Teacher / Coach
- ✓ Counselor
- ✓ Principal / Administrator
- ✓ District Administration
- ✓ Formal District Complaint or Other Authority

5 IF IT'S HAPPENING ONLINE

Remember four words:
SAVE. REPORT. BLOCK. SUPPORT.

- ✓ **SAVE** evidence before deleting
- ✓ **REPORT** to the platform and the school
- ✓ **BLOCK** after you've saved and reported
- ✓ **SUPPORT** your teen. Talk, listen, and stay close.

6 SHOULD WE STAY OR MAKE A CHANGE?

You have choices. A new environment is not giving up. It's protecting your child.

Options to consider:

- ✓ Public school transfer
- ✓ Charter school
- ✓ Private / Christian school
- ✓ Online school
- ✓ Homeschool
- ✓ Hybrid or tutor support

HELP YOUR TEEN HEAL

Bullying can leave deep wounds. Help your teen rebuild confidence and remember who they are.



Safe friends



Activities they enjoy



Trusted adults



Counseling if needed



Faith, prayer, and Scripture

A WORD OF HOPE

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11