

Speak Up: A Guide for Families to Prevent Bullying and Abuse

Created with love and protection / Anna Mary Expert Parenting

1. Start with Safety

Tell your child often: 'You can always come to me. I will listen.'

Children must know we are a safe space—no matter what they need to say.

2. Talk About Feelings and Boundaries

Teach them that their feelings matter. That it's okay to say NO.

Explain that no one, no matter how close, has the right to hurt them or make them feel uncomfortable.

3. Recognize the Signs

Be alert to changes in mood, sleep, or behavior.

Signs of bullying or abuse include sudden withdrawal, fear of school, aggression, or changes in eating habits.

4. Cyberbullying Is Real

Let your child know that rumors, digital harassment, and altered images are serious.

Help them understand they can speak up and that you will believe and protect them.

5. Empower, Don't Shame

Build their self-worth every day. Avoid criticism that shames.

Teach them to respond with truth and courage when rumors or lies are spread.

6. What to Say When They're in Pain

- 'I'm here.'
- 'It's not your fault.'
- 'You are not alone.'
- 'We will face this together.'

7. When to Get Help

Never hesitate to involve school counselors, therapists, or authorities when needed.

Your child's safety and mental health come first.

Pearl of Wisdom

"No temporary problem should lead to a permanent solution like death."

Let your child know: there is always hope, always help, and always love.

You Are Not Alone

Thank you for being a present, loving, and protective parent.

Together, we are raising strong, kind, and emotionally safe children.