

## Stand Up to Bullying to Curb Teen Suicide

In the largest study of its kind, researchers looked at survey results from more than 134,000 students ages 12 to 15 in 48 countries around the world. Compared with classmates who hadn't been bullied, even one day of bullying a month was enough to triple the risk for attempted suicide. And the more often a child had been bullied, the higher the risk.

### You can give your child the tools they need to help stop bullying:

**Communicate, communicate, communicate.** Ask about school, learn about friends and talk openly about bullying. Most importantly, listen carefully when your children talk. Encourage them to talk with you or another trusted adult if they're being bullied.

#### Offer concrete solutions.

You can work with your child on ways to respond to bullies, including:

- Preparing a verbal response
- Using humor to diffuse a situation
- Walking away to a safe place
- Ignoring or blocking bullies online
- Finding clubs or activities with like-minded peers

**Seek additional help.** Contact the police if bullying becomes violent. Consider counseling to help your child cope with bullying.

If you suspect your child may be contemplating suicide, call the National Suicide Prevention Lifeline for additional support and resources at **800-273-TALK (8255)**.

#### Prevent Cyberbullying

To protect your child from harmful online bullying:

- Establish rules about appropriate digital behavior.
- Follow or friend your teen on social media sites.
- Know your child's user names and passwords for email and social media.



Sources include the American Academy of Family Physicians, the Substance Abuse and Mental Health Services Administration and the U.S. Department of Health and Human Services.