

# The Parent Hub

## Bullying & Resiliency Factors



### Week 1

Review this month's slide deck.

- Sit down as a family and have a talk about bullying.
- What do we do if someone is being a bully?
- What is the opposite of bullying? What should your child do if they experience or witness bullying?

### Week 2

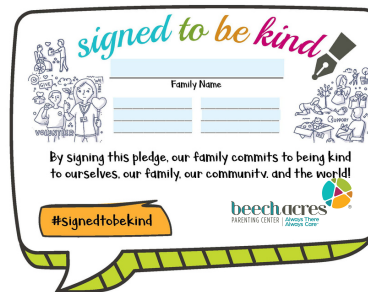
Read and discuss as a family.

- Pick up books recommended in the slide deck (or others), that talk about...
  - bullying
  - being an upstander
  - differences
  - belonging
  - kindness.

### Week 3

Complete SIGN TO BE KIND.

- As a family, choose a Kindness Activity.



### Week 4

Spend quality time together as a family.

- Choose something that you all enjoy doing together.
- Close connection to a family member is one of the strongest predictors of resiliency!

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**Contact Katie Helmes to schedule an appointment:**  
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