

GENERAL GUIDELINES FOR PREVENTION AT HOME

In order to strengthen bullying prevention, it is important to consider the following general orientations:

- Clearly define the rules of the home, with adults behaving in a manner consistent with these.
- Maintain continuous communication with your children, reflecting with them on their daily life at school: what they did, what they liked the most, what they didn't like the most, who they shared experiences with, how they feel, and so on.
- Talk to your children about the messages they receive through the media and new technologies, in order to guide them about the values they want to transmit.
- Meet and talk with to child's friends or classmates.
- Be aware of changes in behavior that may result from harassment or abuse.
- Practice (children and adults) alternative skills for coping and expressing tension and resolving conflicts without resorting to violence.
- Establish communication with other parents in the classroom.