



REVIEW CHECKLIST

For bully-proofing my child

- Do I help my child develop a competent sense of self?
- Did I teach my child what a good friend actually is?
- Do I boost my child's confidence with specific praise?
- Do I teach my child how to be assertive on a daily basis?
- Do I try my best to address my child's fears?
- Do I prepare my child for new situations and practice them with her?
- Did I explain the buddy system to my child?
- Do I encourage my child to always tell, and does he know who to tell?
- Did I educate my other children and others on the best way to be a bystander?