

DEFENDER PROGRAM

Parent Quick Reference Guide

What Your Child Learned Today

- ✓ How to recognize bullying (Repeated + Intentional + Power Imbalance)
- ✓ The DEFENDER framework for responding to bullying
- ✓ Verbal assertiveness and the Self-Defense Stance
- ✓ Three physical self-defense techniques (Push, Grab, Strike defenses)
- ✓ How to be a DEFENDER for others (The Three D's: Direct, Distract, Delegate)

Warning Signs to Watch For

Physical: Unexplained injuries, lost belongings, frequent stomach aches

Behavioral: Avoids school, changes in sleep/eating, withdrawal, grade drops

How to Talk to Your Child About Bullying

DO	DON'T
<ul style="list-style-type: none">✓ Listen without interrupting✓ Believe them✓ Tell them it's not their fault✓ Ask 'What would help you feel safer?'✓ Document everything	<ul style="list-style-type: none">x Tell them to 'toughen up'x Call the other child's parentsx Make them feel weakx Promise to 'fix it' without planx Tell them to ignore it

When to Let Them Handle It vs. When to Intervene

Let them handle it: First-time incident, verbal only, child feels capable

Intervene immediately: Repeated/escalating, physical, trauma signs, school unresponsive

Working With Your Child's School

1. Start with teacher (email + request meeting)
2. Document everything in writing
3. Request specific action plan with timeline
4. If no improvement: escalate to principal → superintendent

Practice at Home This Week

- ✓ Review the DEFENDER steps on your child's take-home card
- ✓ Practice the Self-Defense Stance together (make it fun!)
- ✓ Ask: 'If someone was being bullied, what would you do?'
- ✓ Praise them for being a DEFENDER for others

Research shows parental engagement is one of the strongest predictors of positive outcomes when children face bullying.

Your involvement matters. You are part of the DEFENDER team.