

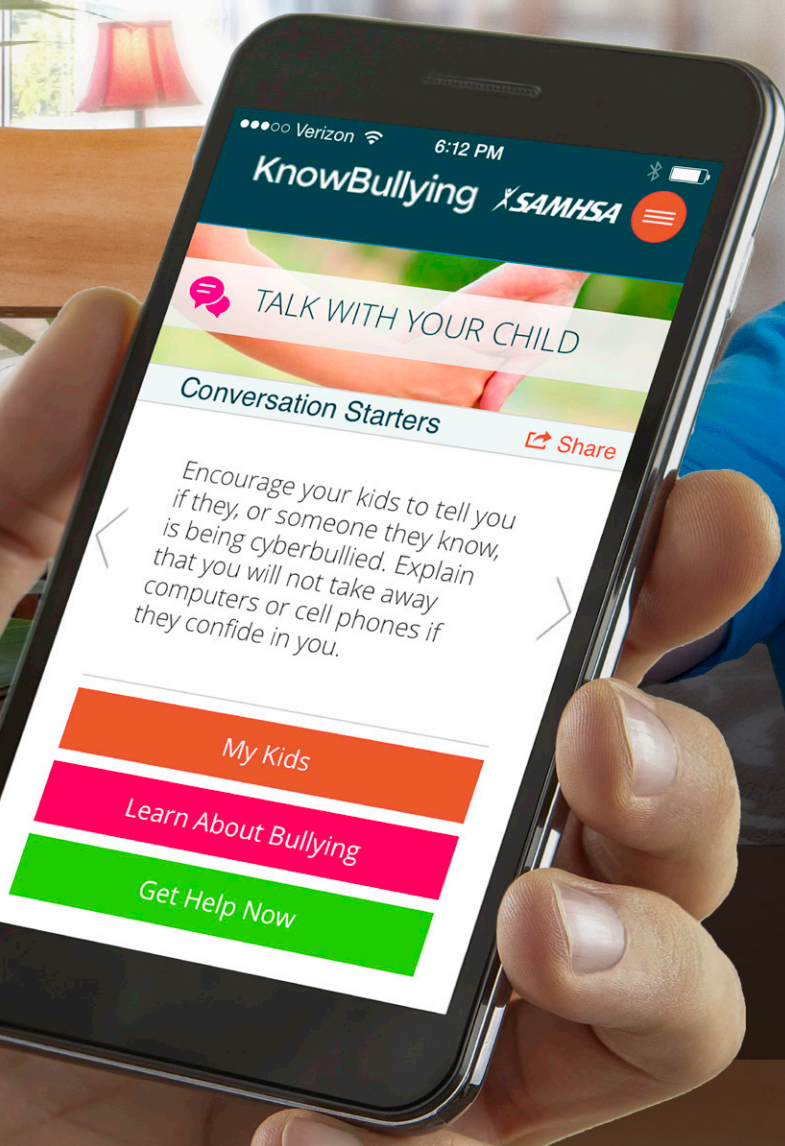
Get the free app that can prevent bullying.

How can I help a child affected by bullying?

Talking with your child every day is an easy way to stay connected. Research shows that spending at least 15 minutes a day talking with your child will increase self-esteem and encourage him/her to come to you with a problem. This will help your child face bullying—whether being bullied, engaging in bullying, or witnessing bullying.

How can the KnowBullying app help prevent bullying?

The KnowBullying app helps you make the most of each opportunity to talk by giving helpful reminders and conversation starters. It provides information on bullying including how to know if your child is being affected and how to stop it. KnowBullying by SAMHSA also provides strategies for educators and school administrators.



Put the power to prevent bullying in your hand.



Free for iPhone® and Android.™

Visit <http://bit.ly/KnowBullying>

Start a conversation your child will remember when it counts.

KnowBullying by SAMHSA includes:



- **Conversation Starters:** Start meaningful discussions with your child.



- **Tips:** Learn ways to prevent bullying for ages 3–6, 7–13, and teens.



- **Warning Signs:** Recognize if your child is affected by bullying.

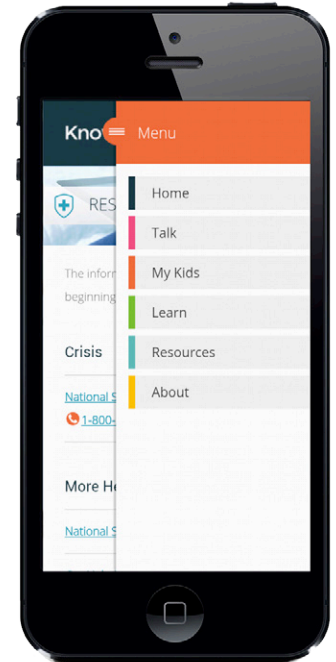
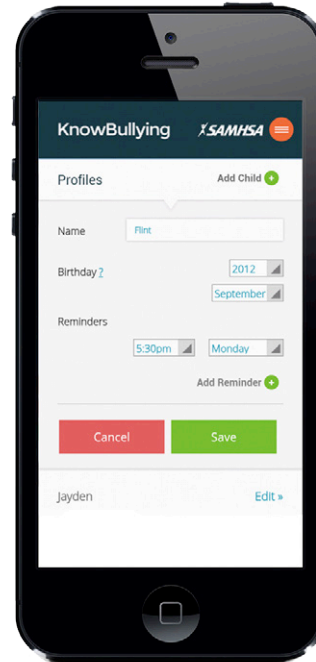


- **Reminders:** Find the right time to connect with your child.



- **Social Media:** Share successful strategies and useful advice.

- **Section for Educators:** Prevent bullying in the classroom and support children who are being bullied.



KnowBullying is a free resource for mobile devices provided by the Substance Abuse and Mental Health Services Administration (SAMHSA), in conjunction with the StopBullying.gov Federal partnership.



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<http://www.samhsa.gov>
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