

# PARENT TIPS

- 1 Take bullying seriously.
- 2 Talk to your child about bullying and cyber-bullying.
- 3 Be a positive role model. Don't hit, ridicule, or gossip about someone in front of children



SANDUSKY COUNTY  
FAMILY & CHILDREN  
*first* COUNCIL



Mental Health and Recovery Services Board  
of Seneca, Sandusky and Wyandot Counties  
supports non-bullying

# FIND OUT MORE AND GET HELP IF NEEDED

## On the Web

[www.stopbullying.gov](http://www.stopbullying.gov)

## In School

Contact your child's Teacher, Principal, or  
Guidance Counselor

## In the Community

Firelands Counseling & Recovery Services  
419-332-5524 or Hotline (24 hours)  
1-800-826-1306

Lutheran Social Services  
419-334-3431

The Center For Mental Health and  
Well-Being at Memorial Hospital  
(419) 334-6619

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