



WHAT PARENTS CAN DO TO PREVENT BULLYING:

Helping children decode their feelings
to build empathy, kindness and inner strength

A FREE discussion for parents of school-age children

MONDAY, OCTOBER 9, 6:30-8 PM

With **Caroll Paull, MA, MSSA, LISW**

at Hanna Perkins Center for Child Development
19910 Malvern Road, Shaker Hts., OH 44122

Bullying prevention efforts typically focus on the middle- and high-school years. But the origins of bullying can be recognized at a much younger age – when children first go to school and must learn to advocate for themselves in a social setting.

This discussion will offer insight about the causes of bullying, and provide tools to help children advocate for themselves while developing empathy for others. It's based on Hanna Perkins' own "My Mad Feelings" bullying-prevention curriculum, which is used in the preschool program of Shaker Heights Schools.

Topics to be addressed include:

- **How bullying begins**
- **The connection between self-advocacy, self-esteem and empathy**
- **Key concepts for children to master their feelings**
- **Ideas and exercises parents can use to help children through this process**

Appropriate for parents of children ages 4-12.

Social workers and other professionals are invited; State of Ohio CSWMFT CEUs available.

Free and open to the public



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A non-profit organization