

If the bullying gets worse and you need additional help, consider the following:

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Is someone at immediate risk of harm?

Is your child feeling suicidal?

Is your child's teacher not keeping your child safe?

Is your school principal not keeping your child safe?

Is your school administrator not keeping your child safe?

Is your child still unsafe without school help?

Is your child having problems because of bullying?

Is your child bullied because of their race, ethnicity, or disability without local help?

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Contact local law enforcement (911 or School Resource Officer)

Contact the Suicide Prevention Lifeline – 1-800-273-TALK (8255)

Contact your school principal

Contact your local school administrator

Contact your local school board

Contact the State Department of Education

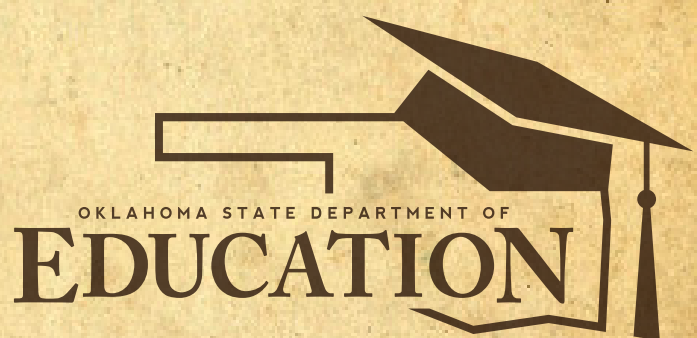
Contact your school counselor or mental health professional

Contact the U.S. Department of Education's Office of Civil Rights (www2.ed.gov/ocr)

How do I get help?

www.stopbullying.gov

www.ok.gov/sde/bullying-prevention



COUNSELING