

PARENT CHECKLIST

What You Need to Know – Assess – **STEP 1**

We all **must** ensure children are aware of the TRUE meaning of bullying.
(Please reference scenario on the next page)

How to Engage – Connect – **STEP 2**

Parents must prioritize the time to sit with their children and discuss the day's activity at school, church, and online. Promote children to speak openly, while ensuring communication is being done calmly & respectfully.



ACTION STEP

Sit down, grab a bag of popcorn, and watch the **Be Strong Documentary** for forty-five minutes.

FREE Be Strong Documentary:

<https://bestrong.global/event/strong-documentary-national-screening-102617-830am/>

What's at Your Fingertips? – Intervention – **STEP 3**

ACTION STEP - Download the *Be Strong App* - The Be Strong app unites power with choice that saves & changes lives. You'll find resources, support, and intervention for those who are affected by bullying, depression, or suicide and best practices on combatting many adversities. We know this generation is facing issues and disadvantages that result in bullying and we want to help. If you have friends who are struggling with hunger, housing, escaping violence and much more, sit down with them and put your zip code in the local support section of the app – Help is at your fingertips, including one-touch resources, such as suicide lifeline, text help line, and trusted friend alert.

Request information cards for your school: info@bestrong.global



We are Stronger Together

Download the FREE Be Strong app TODAY!



What's Your Power? – Strengthen – **STEP 4**

ACTION STEP - Encourage your child to stand strong and become a leader, and to be assertive in a healthy way; don't be a victim, be the victor. Help your child get a nomination to become a **Be Strong Student State Representative**, participating in annual meetings and quarterly meetings with their fellow region leaders and monthly challenges in four (4) key areas:
resilience training, acts of kindness, awareness & advocacy.

How to Become a Champion of Change – **STEP 5**

ACTION STEP - Host/volunteer for an assembly at your child's school, showing the Be Strong Documentary to create a school wide discussion and safe place for other students to connect to help, create accountability, and momentum. Keep up-to-date on Be Strong's events, to help raise awareness and continued support. Sign-up for our newsletter, a "Monthly Guide to Resilience."

How to Create Change – Implement – **STEP 6**

ACTION STEP - Use SEL (Social Emotional Learning) tools to teach your child resiliency. Learn more about Be Strong's high-impact "Resiliency Curriculum" that is available to schools, non-profits, companies, and religious groups. For more information on the curriculum email: info@bestrong.global

For more information on how to host an assembly please call: 954.246.5852

For more information: bestrong.global