

## Get KnowBullying, the Free App from SAMHSA that can Prevent Bullying

Learn how KnowBullying can encourage conversations and prevent bullying.

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying.

The time you spend will help boost your children's confidence and build effective strategies for facing bullying—whether children are being bullied, engaging in bullying, or witnessing bullying.

Take a few minutes and “check in,” by asking about school, their friends, and any challenges they face. **KnowBullying** has simple conversation starters to begin a discussion with your child.



[Help spread the word about KnowBullying.](#)

### App Features

- **Conversation Starters:** Start easy, meaningful conversations with your children.
- **Tips:** Learn strategies to prevent bullying for ages 3—6, 7—13, and teens.
- **Warning Signs:** Recognize if your child is engaging in bullying, being bullied, or witnessing bullying.
- **Reminders:** Talk with your child when the time feels right: a quiet moment on the way to school or a game, during dinner, or relaxing outside.
- **Social Media:** Share successful strategies and useful advice via Facebook, Twitter, email, and text messages.
- **Section for Educators:** Prevent bullying in the classroom and support children who are being bullied.

**Put the power to prevent bullying in your hand.**

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