**YOUR PYRAMID OF SUPPORT**

*Seeking help isn’t just for kids.* Parents sometimes need support when their children experience peer victimization. The Pyramid of Support suggests sources parents can go to for help. Every situation is different and every source of support offers different kinds of assistance, so parents may need to seek help from multiple places before getting the assistance they need. *Remember: if at first you don’t get the help you need, keep seeking help until you do!*

<table>
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<tr>
<th>POLICE</th>
<th>SCHOOL DISTRICT</th>
<th>PRINCIPAL</th>
<th>TEACHER</th>
<th>FRIENDS &amp; FAMILY</th>
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| If there is a direct threat to you or your child’s life, either in person or online, it is important to report this to the police. Police can also offer other types of support:  
  - A community police officer or school resource officer may be able to talk to your child’s class about experiences with conflict and strategies to handle it  
  - Taking your child to community police events can help boost your child’s confidence by showing him or her other sources of support beyond the family and school environments | If the school is unable to provide the support you need, you may need to approach school district personnel who can:  
  - Provide information on district policies and procedures on bullying and peer victimization  
  - Connect your child to guidance teams trained in social and emotional development, including self-esteem, conflict resolution, problem-solving and peer relationships  
  - Refer you to external agencies and service providers if additional help is required | If problems persist or you feel you need additional support from your child’s school, consider contacting the principal who can:  
  - Provide details about school policies on bullying and peer victimization  
  - Help create a plan of action where you work together to improve your child’s situation and follow up to determine success  
  - Inform you about meetings, open houses or parent support groups that can strengthen your relationship with the school  
  - Refer you to support offered at the district level, like guidance counselors or other school-based mental health professionals | If your child’s problems are happening at school, consider talking with your child’s teacher. A teacher may be able to:  
  - Provide additional details about how your child interacts with other children  
  - Explain how peer victimization is talked about and dealt with in the classroom  
  - Suggest specific ways you might be able to help your child and develop a home-school connection that works in your child’s best interest | Talk with a circle of friends and/or family who are not directly involved. They may be able to:  
  - Share details about similar experiences they’ve had and ways they’ve helped their own children  
  - Suggest different perspectives about the situation |