

raise a Giant

Help Us Spread The Word:

1. Visit RaiseAGiant.com to find inspiration from the letters parents have written to their children.
2. Start your letter by letting your child know how special he or she is. Give examples of the unique things you love most about your child.
3. Encourage your child to always be proud of who they are, no matter what others may do or say.
4. Help your child recognize the signs of bullying.
5. Ask your child to not stay silent when they see someone being bullied. Show them that the right thing to do is help the person being bullied or go tell an adult. And, if they are comfortable with it, to speak up and say something.
6. Explain to your child how bullying is never ok, no matter what.
7. Share a story from when you were a kid of a time you experienced bullying and how you handled it.
8. Offer some suggestions for how to deal with bullying and explain how just one kid saying "that's not ok" can influence other kids and help them become giants too.
9. Make sure your child knows that you will always protect and support them.
10. Let your child know that they are not alone and reassure them that you will always work with them to overcome whatever problems they may experience.
11. Share your letter at RaiseAGiant.com to inspire other families to be a part of the bullying prevention solution.



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