

6 Ways to Protect Your Child from Bullying

1. If you suspect your child is a target, don't wait for it to come up. Kids often feel ashamed of being bullied. Take regular walks together and casually chat about what's happening at school. It can make opening up easier.
2. Teach your child to stick with friends. Bullies usually go after singles, not groups.
3. If your child is being taunted, suggest walking away as if it didn't matter, bullies crave over the top reactions.
4. Enroll your child up for a martial arts class, as much for the confidence as the self-defense. Bullies are less drawn to people who project strength.
5. If online cyber bullying is the problem, help your child set up a new face book account and email address. Twice if necessary.
6. Even if you and your child want to try and handle things yourselves first, tell the school. School wide anti-bullying campaigns are the best way to stop it.

The YOU Docs, Mehmet Oz, host of "The Dr. Oz Show" and Mike Roizen of Cleveland Clinic, are authors of "YOU: Losing Weight." For more information go to www.RealAge.com. (c) 2011 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc. © Copyright (c) The Province