



Sodexo Solutions for Better Living

Worried About Kids and Bullying?

From preschool to high school, almost every child deals with bullies at some point— at school, in their neighborhood or even online. It can be hard for parents to know how to help their child. And often children are reluctant to tell their parents what's going on.

If you're worried about bullying, **LifeWorks** has resources to help you.

Call to speak with an experienced professional consultant who can help you find solutions. You also can go to www.lifeworks.com to read or download helpful articles including:

- Bullies and Best Friends
- Helping Your Child Learn to Resolve Conflicts
- Bullying and Harassment in School
- Helping Your Child Deal with Bullying
- What Parents Should Know About Cyberbullying
- What Parents Should Know About Social Networking

You can order a free CD, Talking About Preteens, that addresses bullying during the middle school years. Just ask your consultant or order it through www.lifeworks.com.

Find the help you and your family need, when you need it. To access **LifeWorks**, go to www.lifeworks.com (see your manager for phone number and / or User ID and Passcode)

