



# harmful behaviors

Recognize. Respond. Repair.

This is a supplemental parent-education module that is designed to offer support to parents and caregivers as they help their children understand the impact of their behavior and the actions the child can take when they experience or witness harmful behaviors such as bullying.

Making social mistakes is normal and expected as children practice building their social skills and navigate relationships with others. While some undesirable behaviors toward others can be considered part of a child's normal development, harmful behaviors can have lasting impacts on those involved. Parents and caregivers are key when it comes to modeling and reinforcing appropriate behaviors and problem solving for their children. Furthermore, it is vital for parents and caregivers to recognize that a problematic behavior has occurred and to address the behavior by learning more about it and taking appropriate actions to stop the behavior.

This program will address specific concerns or challenges parents and caregivers might experience as they help their child explore socially appropriate behaviors, understand when and how to report and respond to harmful behaviors, and learn how to repair relationships when damage occurs. In addition, parents and caregivers will gather insight into how strategies, like open communication and active listening, can build trusting relationships that encourage disclosure when harmful behaviors occur.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs — Take Root, Sprout, Grow, and Branch Out. It is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.



## In this module, you will learn how to do the following:



Guide your child as they navigate social situations and make mistakes.



Examine how your family system may contribute to or discourage bullying and other harmful behaviors.



Model and talk with your child about appropriate ways to interact with others and handle conflicts.



Encourage your child to disclose important information through open communication and active listening.



Recognize bullying behaviors, and intervene when your child is a target.



Respond, make repairs, and determine appropriate consequences when your child is the aggressor of harmful behaviors.



Provide support to your child when they are a bystander to harmful behaviors.



Identify what to look for in school and community-based supports and anti-bullying programs.

For more information about the Harmful Behaviors supplemental module, visit:

<https://thrive.psu.edu/modules/supplemental/>