



TIPS FOR FAMILIES

REDUCING VIOLENCE

EXPOSURE

- Set limits around hitting and name-calling
- Explain that violence on TV, movies, and video games is made up and discuss real life consequences
- Monitor use of electronic devices and keep them out of kids' bedrooms
- If your child hears about violence in the news, talk about it. Take time to listen to their feelings, remind them that you will help keep them safe
- Discuss weapon safety with kids. Teach them never to touch a weapon and to promptly let a grown up know if they see one
- Know where your children spend time after school; get to know their friends
- Teach your children about celebrating and inclusion for cultures and traditions different than your own

CONNECTION

- Cultivate supportive relationships with your children
- Find ways to spend quality time together
- Reinforce positive behaviors with praise; be specific
- Support self-confidence. It can be easier for confident children to stand up for themselves and others in tough social situations
- Model self-regulation: express your feelings in words and demonstrate helpful coping skills
- Talk to your children about their feelings. When parents listen, their children are less likely to resort to aggressive behaviors
- Involve your children in discussions about and work together to resolve conflicts
- Remember: children are always watching and listening. Be mindful of what you are modeling.

MORE INFORMATION :

HUMAN RELATIONS, DIVERSITY & EQUITY



[LAUSD.ORG/HUMAN-RELATIONS](https://www.lausd.org/human-relations)



HUMANRELATIONS@LAUSD.ORG