



# Wellness Today

For Parents & Families

## What is the SafeUT App?

The SafeUT App is a crisis chat and tip line service available to the state of Utah. Through chats or calls with licensed clinicians or confidential tips to school administrators, the app provides real-time crisis intervention for youth who are struggling or who know someone who is struggling.

The app is meant to help anyone with emotional crises, grief, relationship problems, bullying, mental health struggles, suicide-related issues, or any other life challenges.

Some key features include:

- Free and confidential help available 24/7
- Licensed clinicians to provide counsel, offer support, refer, or, in cases where the caller is believed to be in danger, alert emergency services.
- Ability to include videos or pictures in any tip submission
- Compatible with Apple and Android devices



## How to Help Bullies and the Bullied

Bullying is unwanted, repeated, aggressive behavior toward someone, including making threats, spreading rumors, attacking someone physically or verbally, purposefully excluding someone from a group, and harassing someone online.

Bullying can affect everyone and cause problems for those involved. Take a stand against bullying, whether your child is bullying or being bullied.

### If Your Child is the Bully:

- **Communicate.** Talk with your child and let him or her know bullying behavior will not be tolerated.
- **Find out why.** Bullies are not just “bad kids.” Often-times, there are underlying problems (such as low self-esteem) that lead to bullying. The “why” is not an excuse for the behavior; rather, it helps you know how to discipline (without shaming) and work to teach your child new skills that avoid bullying.

- **Support the school’s discipline.** This teaches your child about consequences and that you will not rescue him or her from the pain that comes with the consequences of bullying.
- **Encourage your child to make it right** (e.g., apologize) and **continue to monitor** his or her behavior for any future bullying.

### If Your Child is Bullied

- **Communicate.** Try asking, “I’m worried about you. Are there any kids at school who may be picking on you or bullying you?” Don’t overreact if your child’s answer is yes; instead, let your child know it isn’t his or her fault and that you are there to help.
- **Alert the school.** Talk with your child’s school or teacher(s) and come up with a solution to stop the bullying. Avoid confronting the bully or his or her parents.
- **Follow up.** Talk with your child and the school to ensure that the bullying has stopped. If it hasn’t, try the methods at [StompOutBullying.org](http://StompOutBullying.org).