

# YOUR PYRAMID OF SUPPORT



**Seeking help isn't just for kids.** Parents sometimes need support when their children experience peer victimization. The Pyramid of Support suggests sources parents can go to for help. Every situation is different and every source of support offers different kinds of assistance, so parents may need to seek help from multiple places before getting the assistance they need. *Remember: if at first you don't get the help you need, keep seeking help until you do!*

