WHAT CAN PARENTS DO TO HELP?

If your child is being bullied, assure them it is not their fault and offer support and comfort where you are able to. Talk to them about ways to avoid the bully and stick closer to friends in as a plan of action so they are not alone.

Discuss with them what strategies can be used and help them with building their self-esteem up. If you have noticed they are socially isolated at school or do not seem to have many friends, try to get them involved in community activities that revolve around an interest they have. This will give them a chance to socialize with individuals who have similar interests and help to build their confidence.

Let children know that you take their concerns seriously and take action to protect them. Often, kids feel powerless when bullied, and presume no one can help them. Teach a child to report bullying to a trusted adult, and to be specific about what is happening. Saying, **"She calls me names"** or **"He threatens to hurt me"** is more effective than **"She's bugging me".**

HOW CAN YOU HELP AT HOME?

Teach your children that if they see someone being bullied, they should not watch, laugh, or join in.

Help kids see the value of offering empathy and support to those who are bullied. Model respectful behaviours at home and in your daily interactions.

Be aware of your response if your child tells you they are being bullied. If you get angry (even if it is directed towards the bully or their parent) it can scare the child from communicating with you. Support them through this and focus on the positive – that they brought this to your attention.

TEACH A CHILD TO:

STOP and do not respond to the bully.
BLOCK the bully.
TELL an adult what is happening.
SAVE any and all the messages from the bully.

Speak UP To STOP Bullying

Work with the school to educate others about the problem of bullying.
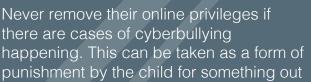
CYBERBULLYING TIPS:

Cyberbullying has become more common as children are beginning to use electronics at younger ages. It is important to familiarize yourself with your child's online activities, including what websites they are visiting and the cyber lingo they are using. This will help you better understand where they may come across bullying and how to handle it if they come to you withconcern.

Keeping the computer in a common and shared space will help monitor your children's activities online.

It is important to remember that even if there is a problem, online communication is an important social aspect to a child's life.

CYBERBULLYING

Never remove their online privileges if there are cases of cyberbullying happening. This can be taken as a form of punishment by the child for something out of their control.

Instead, teach them how to block users and save messages. If the harassment continues, take the saved messages to the proper authorities.