

# PREVENTING BULLYING TIPS FOR PARENTS



## IF MY CHILD IS BEING BULLIED

- Listen to your child entirely before reacting.
- Involve your child in finding solutions.
- With your child's help, create a team of support for you and your child (teachers, school counsellors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety.
- Build your child's capacity to respond effectively to the bullying by:
  - Abstaining from violence.
  - Not counter-bullying.
- Help your child to build their self-esteem by:
  - Engaging them in activities they enjoy.
  - Praising their good efforts and accomplishments.
  - Reminding your child that you love them.
- Know when the problem is getting too big for them, and seek appropriate intervention.
- To get help, call the Kids Help Phone **1-800-668-6868** or **kidshelpphone.ca**.

## IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR

- Stay calm and be firm—let your child know that bullying is not acceptable.
- Find out what motivates your child to bully, and encourage an open and honest discussion.
- Use non-violent and age-appropriate consequences; set rules.
- Discuss how your child can take steps to repair the damage caused by the bullying behaviour.
- With your child's help, create a team of support for the both of you (teachers, school counsellors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power.

## IF MY CHILD IS WITNESSING BULLYING

- Explore the different options for your child to stand up against bullying.
- Teach your child that if they see someone being bullied, they should not laugh, watch or join in.
- Educate your child to intervene immediately to stop the bullying, and to get an adult to help with the intervention if it's unsafe to act without an adult present.
- Approach the person being bullied to provide support.
- Explain the difference between "tattling" on someone as opposed to "reporting" to stop someone from getting hurt.
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game.
- Set a good example for your child by showing that you care about others.