

Bullying Prevention for Your Child/Teen



"Adults who were bullied as teens have lower self-esteem and higher level of depression than other adults."

- (www.pbskids.org)



"Bullying is a form of repeated, persistent, and aggressive behavior directed at an individual that is intended to cause, stress, fear or harm".

- *Definition of bullying Policy/Program Memorandum 144.*

Recognize Bullying:

- Physical
 - Hitting, stealing, or damaging property etc.
- Verbal
 - Name calling, mocking etc.
- Social
 - Excluding others from a group, spreading gossip or rumours etc.
- Electronic/Cyber-Bullying
 - Hurtful comments, pictures, etc. through use of technology (i.e. internet, cell phone)

STOP BULLYING

What Can I Do as a Parent?

BE AWARE OF THE SIGNS THAT YOUR CHILD IS BEING BULLIED

- You may notice:
 - Changes in behaviour, attitude, or in appearance.
 - Your child may not want to go to school, may cry, or feel sick on school days.
 - Your child begins to lose money or personal items.
 - Your child comes home with torn clothes, broken possession, and their explanations may not make sense.
- Listen to your child and make notes about the incident.
- Develop a safety plan to help prevent further bullying.
- Report the incident(s) to the school if applicable.
- Contact police if the bullying involves criminal behaviour.

"One-third of students experience bullying at school, and almost one-third report having bullied someone else."

- Centre for Addiction and Mental Health, 2005



What Should You Talk to Your Child About?

- Clearly tell your child(ren) that bullying is wrong and will not be accepted in the home, school or community.
- Encourage your child to have the courage to report bullying.
- Tell your child that reporting is done not to cause trouble for another student, but to protect all students.
- Frequently review your child's safety plan with them:
 - Walk away and ignore the bully.
 - Don't fight back.
 - Safe places to go.
 - Find a friend.
 - Tell an adult. Telling is not tattling.

Resources

- **Public Safety Canada- Bullying Prevention in Schools**
www.publicsafety.gc.ca
- www.bullying.org
- www.prevnet.ca
- www.bullybeware.com
- www.stopbullyingme.ab.ca
- **Contact Brant - 519-758-8228**
- **Family Counseling Centre of Brant 519-753-4173**
- **St. Leonard's Society 519-759-8830**