

BULLYING PREVENTION TIP SHEET FOR PARENTS



It's never too early to talk to your child about bullying.
For more information, visit: www.prevnet.ca

WHAT IS BULLYING AND WHY SHOULD PARENTS BE CONCERNED ABOUT IT?

- Bullying is a relationship problem in which a person or group repeatedly uses power to cause distress to someone. It requires relationship solutions.
- Bullying can be physical, verbal, social, or electronic. Sometimes it focuses on racial, ethnic or religious differences, sexual issues or disabilities.
- Children who are bullying others are learning to use power and aggression to control and distress others. This can lead to a pattern of continually difficult and unsatisfying relationships later in their lives.
- Children who are repeatedly bullied become increasingly powerless and unable to defend themselves; they get trapped in the abusive situation.
- When kids become involved in bullying, adults need to be involved to help them learn from their experiences.

HOW TO TALK TO YOUR CHILD ABOUT BULLYING

- Be proactive. Start a discussion with your child about bullying and raise the topic often, especially during transitional periods like a change of school.
- Listen to what children say about bullying and take it seriously.
- Make it clear that you think bullying is wrong.
- Let children know that you will help solve the problem, whether your child is bullying others, being bullied, or a bystander.

WHAT TO DO IF YOUR CHILD IS A BYSTANDER TO BULLYING

- Encourage children to Stand UP! for kids who are being bullied.
- Let them know there are many ways to Stand UP! for someone who is being bullied; they should choose a method they're comfortable with.
- Recognize the courage it takes to report bullying and be sure to let children know that telling is not the same as tattling.

WHAT TO DO IF YOUR CHILD IS INVOLVED IN BULLYING

- Calm down and think before you take action. Respond caringly and let your child know you'll help.
- Keep a record of what happened and work with other adults to make a plan. Evaluate your success.