

# A Parent's Guide to Bullying: What You Need to Know

## THE FACTS:

Bullying is a **common concern** among parents.

As statistics show, **almost all kids** are affected by bullying because they either are the bully, are being bullied or have witnessed bullying.

As parents, we **want to help** but are often uncertain about what constitutes bullying, what to advise our kids, and how to intervene

## DESCRIPTION:

In this **one-hour virtual seminar**, participants will learn what they can do to help make things better for the kids in our lives.

Kids often don't tell adults bullying is occurring because of their beliefs about the consequences associated with "**telling**," so more often than not we are unaware of a bullying situation.

## OBJECTIVES:

- Describe what bullying is and what it isn't and the **different forms of bullying** including cyber-bullying
- Identify the bully and understand the **risk factors** for being bullied
- Identify signs of bullying
- **Intervene appropriately** including how to have the conversation with their kids
- Utilize techniques to help shield their kids from bullying
- Understand other **resources** that are available

## REGISTER NOW:



**October 2, 2023**



**6:00 – 7:00 p.m.**



[https://parents\\_guide\\_to\\_bullying.eventbrite.ca](https://parents_guide_to_bullying.eventbrite.ca)

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District of Nipissing  
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