



A parent's guide to bullying

Reflection guide

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Overview

- Define bullying
- List the types of bullying
- Explain the impact of bullying
- Describe effective ways for parents and kids to intervene
- Describe a parent's role in preventing bullying
- Understand Cyber-bullying

Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?




My action plan:

Job aids or activity materials

Understanding bullying

Lessons learned



Defining bullying

Bullying is not a one-time isolate incident. It is repeated and targeted aggression.



Types of bullying

Physical, social, verbal, cyber-bullying.



Those who bully

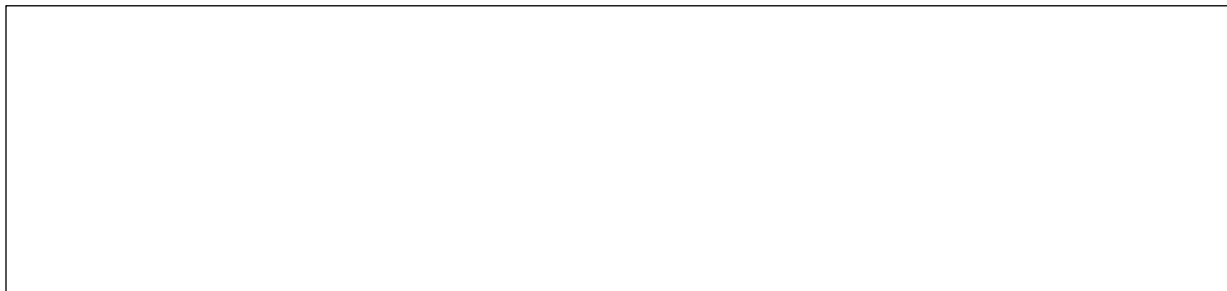
Typically it's those who are socially isolated or socially connected. Other characteristics of a bully:

- Aggressive; think badly of others
- Less parental involvement or having issues at home
- Difficulty following rules

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Risk factors

Being perceived as “different” because you are new, overweight, have glasses, or don't have the “cool stuff, like everyone else”. Also, having low quality friendships can be a risk factor.

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Intervention

How will I know if my child is being bullied?

Myth: If my child is being bullied they will tell me. Fact: Most of the time kids don't tell.

Signs to look for:

- Torn clothing
- Mood swings
- Missing money or personal items
- Avoiding or refusing to go to school
- Constant but vague complaints of sickness
- Changes in eating or sleeping habits, grades or grooming habits
- Reduced interest in daily activities like outdoor play or walking the dog

TIP: Listen to your gut!

What if you suspect your child is being bullied?

| Plan the conversation: | Prepare yourself: |
|--|--|
| <ul style="list-style-type: none">a. When, where, howb. Make it focused timec. Don't allow electronics, people or time constraints to be a distraction | <ul style="list-style-type: none">a. Keep your emotions in checkb. Be non-judgmentalc. Be prepared to listen activelyd. List of questions |

Questions you can ask

Young children

- During recess, do you usually play alone or with other kids? Which other kids?
- Are you ever teased at school?
- Who was the kid who called you names or hurt you? What did the person say to you?
- Has that kid said that to you before or was this the only time this happened?
- Do other kids say that to you?
- Were other kids around when this happened? What were they doing? Did they hear what this person said?
- Did anyone tell an adult?

Tweens / teens

- Who do you sit next to at lunch/on the bus? Does that generally stay the same or change?
- How was the bus ride home? Did anything happen that was different?
- Are there many groups/cliques at school? What do you think about these cliques? Are you in one? How do kids in these cliques treat those who not part of the group?
- Is there someone in school who makes you feel bad or hurts you?
- Who did you hang out with today? Who else?
- What do you and your friends do when you're hanging out at school?
- Is there anyone you don't like at school? Why?
- Are you looking forward to going to school tomorrow? Why (not)?

How you respond Is important

Do's and don'ts if your child tells you they are being bullied.

| Do: | Don't: |
|---|--|
| <ul style="list-style-type: none">• Stay calm• Assure your child• Investigate• Contact the school• Determine next steps• Foster self-confidence• Role-play / teach how to respond | <ul style="list-style-type: none">• Blame• Tell them to ignore it• Tell them to fight back• Contact the other parents |

The power of bystanders

Peers are present during most (85%) bullying episodes. 57% of the time bullying stops within 10 seconds when bystanders intervene.

Guidelines for bystanders

There are some simple ways children can help someone who is being bullied. Intervening can be done with a few guidelines in mind that you should discuss with your children:

- Only intervene if it feels safe
- Never use violence to help the other person get away
- Never hesitate to get immediate help from an adult if the bullying becomes violent

Tactics to help someone get away from a bullying situation

Create a distraction. Even if it's not true, you could say "Oh! A Teacher is coming".

Provide an escape. You could say "Come on, we need you for our game.", or "There you are! Mr. Charles has been looking for you, he's over here." Lead the person away from the scene.

Speak Up. You could say, "That's mean!", or "Stop it. You're going to get in trouble", or "Why is everyone watching. Let's leave!" By showing disapproval, reminding the bully that this is against school rules or not giving the bully an audience there is a better chance that it will stop.

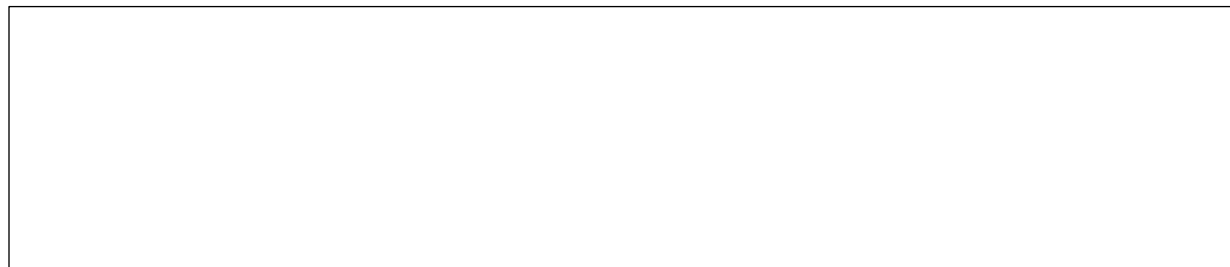
Afterwards, show empathy

Be a Friend. Show the person being bullied empathy. Be kind and acknowledge that what happened was wrong and that you don't approve. Something as simple as talking to him/her, sitting with him/her at lunch or on the bus, or even an invitation to play/hang-out during recess is a welcomed gesture that can help the person feel better.

Prevention

Open communication

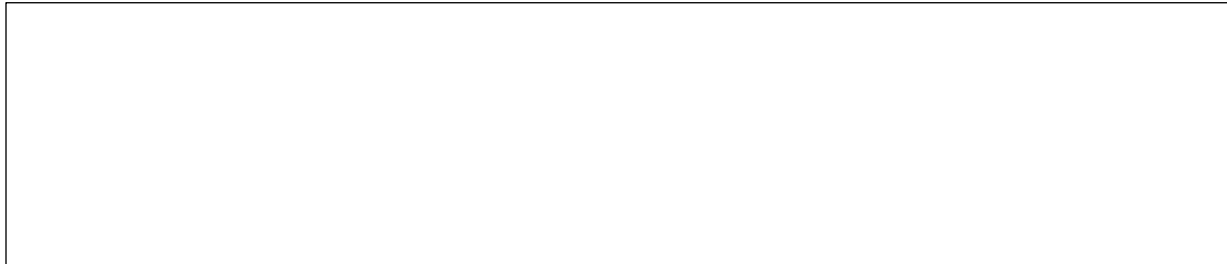
- Talk to your kids, every day.
- Educate them about bullying behaviour.
- Tell your kids that bullying is not a normal part of childhood.
- Demonstrate kindness and leadership



Cyber-bullying

Understanding: Cyber-bullying is different

- It can happen 24/7
- Anonymity
- Messages and images remain indefinitely



Prevention: What you can do

- Set boundaries
- Be open
- Private vs. public information

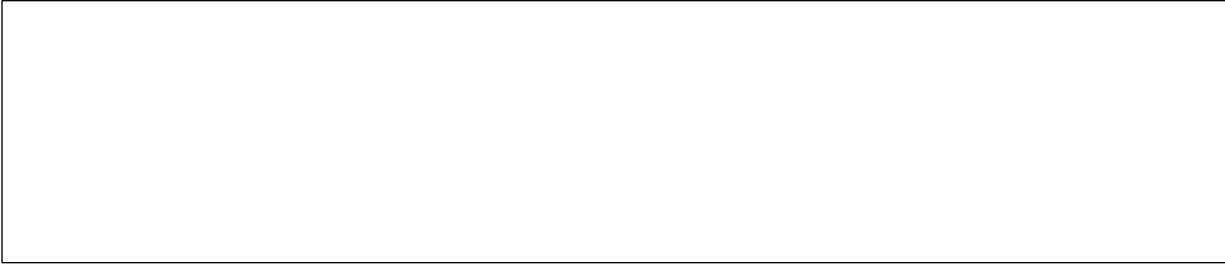


Intervention: What can you do immediately

- Don't reply; don't forward
- Keep evidence
- Block the person



Intervention: Report cyber-bullying

- Service provider
 - Law enforcement (if criminal activity)
 - School
- 

Inspirational thoughts

“We can reverse the spread of bullying by first acknowledging that it’s not normal or typical behaviour, that it’s not harmless and that we can do something about it.

Prevention is everyone’s responsibility but least of all the victims.”

- Dr. David Wolfe, Director Centre for Prevention Science, CAMH

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou

“Knowing what’s right doesn’t mean much unless you do what’s right.”

- Theodore Roosevelt

References or additional resources

- www.workhealthlife.com
- www.PREVNet.ca
- www.CAMH.ca
- www.kidshelpphone.ca
- www.redcross.ca
- www.stopbullying.gov