

## What can parents do about bullying situations?

- Acknowledge that bullying is a problem that requires attention, resources and intervention.
- Be assertive; ask questions about games your child plays at recess; ask questions about friends and what they do for fun when they are together, and watch for signs of bully or victim behaviour.
- Even if your child is not directly involved, encourage your child to be a helpful bystander by supporting the victim and reporting the incident.

## If Your Child is being bullied ...

- Encourage your child to tell you about bullying incidents.
- Calmly talk to your child about the experience.
- Make notes of what your child says, the frequency, who was involved, where and when it happened.
- Tell your child to report any further incidents to the teacher.
- Make an appointment to talk to your child's teacher about the problem your child is having; if this step does not help the situation then go and see the guidance counselor vice principal or principal.
- Encourage assertiveness, but not aggression.

## If your child is bullying others...

- Discourage your child and other members of your family from using bullying behaviours at home or elsewhere; teach them how to solve problems without using violence or aggression.
- Talk with your child and explain that this behaviour is unacceptable and makes other children unhappy.
- Make an appointment with your child's teacher to talk about the problem and discuss ways to stop the bullying behaviour.
- Give your child praise and encouragement when they cooperate with, or are kind to other people.
- Examine your own behaviour. Children model what they see.

## 85% of bullying takes place in front of others.

### If your child is a bystander...

- Encourage them to tell the child who is bullying that they do not agree what is happening.
- Encourage them to tell an adult what is happening.
- Encourage them to support the child who was bullied by telling them that they do not support the bullying behavior.

## Imagine: A School Without Bullying

Strive for a community without bullying for our children

### What is wrong with Bullying?



**Bullying is a violent act. Punching, kicking, hitting, teasing, threatening, spreading rumours, stealing, excluding others, name calling, and rude gestures are all types of bullying behaviour.**

**Children have the right to feel safe at school and in their community.**



## What is Bullying Behaviour?

- Bullying is a hurtful behaviour that is done on purpose;
- It involves one person having more power or strength over another;
- It is usually done more than once; and
- The action is not wanted by the child being bullied.

Bullying behaviour can look very different. Here are some examples of different types of bullying:

### Physical Bullying

(hitting, punching)

### Verbal Bullying

(teasing, name calling)

### Emotional Bullying

(spreading rumours, using threatening gestures)

### Social Bullying

(excluding a person on purpose, purposely embarrassing a person)

### Cyber Bullying

(sending threats or insults by email or text messaging)

## What is Wrong with Bullying?

Bullying affects everyone negatively- the child(ren) being bullied, the child (ren) bullying and the people watching (the bystanders).

### Research Indicates: Children who are bullied may experience:

- Refusal to go to school
- Depression and anxiety
- Lowered self esteem
- Headaches, stomachaches
- Nightmares, trouble sleeping

### Children who choose to bully may be more likely to:

- Get into frequent fights
- Be injured in a fight
- Vandalize property
- Steal property
- Drink alcohol
- Smoke
- Skip school
- Drop out of school

### Children who see acts of bullying:

- may fear being bullied too
- learn to accept bullying

## Problem Solving

Students are more able to choose appropriate behaviour if they have support and clear expectations. Parents and the school share the responsibility of being consistent when we tell children the kind of behaviour we consider appropriate. They also share the responsibility of providing children with a process by which children can make their own choices. At home, parents can help their children by teaching them a problem solving process similar to the one they use at school. To be a good problem solver, a child must learn to ask:

1. **What is the problem?**
2. **What did I do to cause the problem?**
3. **How would I handle the situation next time?**
4. **How can I help the people I hurt to feel better?**
5. **What did I learn from this experience?**

By working together, we can encourage our students to make appropriate choices on their own.



**Tamarac Education Centre  
SRSB**

Port Hawkesbury, Nova Scotia  
B9A 3G2

Phone: (902) 625-6650  
Fax: (90625-6654  
Email: tec@srsb.ca