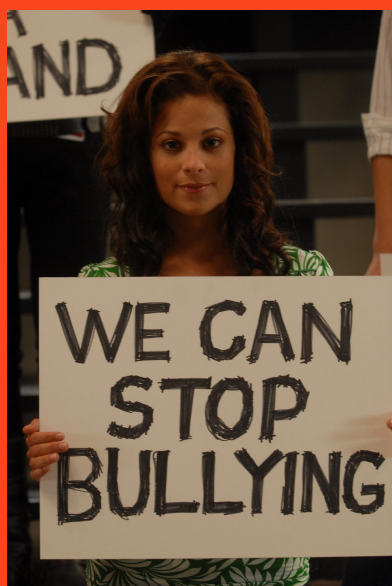


## What is bullying?

- ♦ Bullying is repeated aggression from a position of power.
- ♦ Bullying can take many forms: verbal, physical, social, electronic or cyber. It can focus on racial, ethnic, or religious differences, as well as on sexual issues and disabilities.
- ♦ Children and youth don't have to be friends with everyone but bullying hurts others and is wrong.
- ♦ Every child, youth and adult has the right to be safe and to be treated with respect.



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Promoting Relationships and Eliminating Violence  
La Promotion des Relations et l'Élimination de la Violence

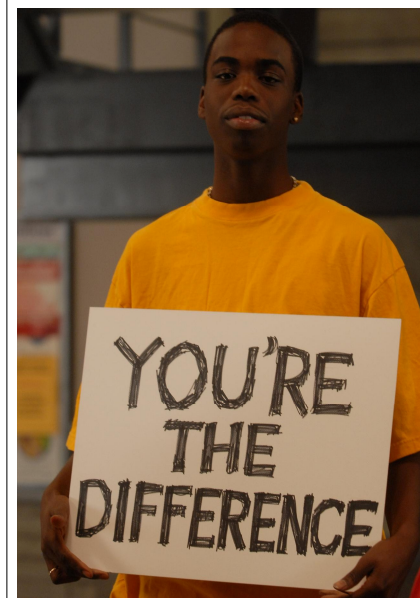
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**stand  
UP!™**

## Bullying Prevention Tips for Parents



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Strategies for parents to help their kids deal with bullying.



### Strategies for the Bystander to stop bullying:

Other children watch during the majority of bullying episodes. When bystanders stand up instead of standing by, the bullying almost always stops. Here are some ways children and youth can stand up and use positive relationship strategies to stop bullying. These strategies are challenging, so it is helpful to discuss and rehearse these strategies with your children, and then recognize and reward your children for standing up to bullying.

- ◆ Assertively, but not aggressively, tell the child or youth who is bullying to stop. Assertive means sending a clear message that is respectful. Fighting back usually makes the problem worse.
- ◆ Give attention and support to the child who is victimized. For example, a child can stand up by saying, "What happened to you isn't fair and you don't deserve it."
- ◆ Report the bullying to a responsible adult, for example, a teacher, coach, or group leader.

Be sure your kids know that **telling is not the same as tattling**. Telling is what you do to get someone out of trouble. Tattling is what you do to get someone into trouble.

### What to do if your child is involved in a bullying problem:

1. Give yourself time to process your emotions. Learning that your child is bullied or is bullying others can be very painful. You may feel afraid for your child, very angry, terribly sad, ashamed, or helpless. Whether you need to take ten deep breaths, get some vigorous exercise, or have a heart-to-heart conversation with a friend, you will be more effective if the first step you take is to **calm down and think before taking action**.
2. Respond caringly to your child. The most effective strategy to stop bullying for children and youth who are bullied or who witness bullying is to tell a responsible adult such as a parent, teacher, coach, or leader. **It is essential that adults listen to and take seriously reports of bullying**. Always recognize the courage it takes to report bullying. Reassure your child that you will help to solve the problem, whether your child has been victimized, has been bullying, or is a witness to bullying.
3. **Visit [www.prevnet.ca](http://www.prevnet.ca)** to gather information about bullying and ways to respond. Keep a record of what happened, when it happened, what was done, and if the intervention worked.
4. Collaborate with the adults in your child's life (teachers, school principals, coaches, and group leaders) to **create a plan** to stop the bullying. Schools and community organizations have the responsibility to create safe environments where everyone is treated with respect.

### Bullying is an abuse of Power.

Bullying is about power and children and youth naturally experiment with power. When kids become involved in bullying, adults need to be involved to help children and youth learn from their experiences.

### Bullying is a relationship problem.

Bullying is a disrespectful relationship problem that requires relationship solutions. Children who bully are learning to use power and aggression to control and distress others. Children who are victimized become increasingly powerless and find themselves trapped in relationships in which they are being abused.

### Bullying is a behaviour that can establish itself as pattern.

With repeated bullying, children who are bullied become increasingly unable to defend themselves. Children who repeatedly bully are establishing patterns of using power and aggression in their relationships with others.

5. **Follow up** and monitor how the plan is working. Check in regularly with your child to **ensure the plan has been moved into action** and things are better. Check in regularly with the school to ensure that the problem is being addressed and that there have not been any more incidents.