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.

Bullying Prevention Tips for Parents

In partnership with PREVNet (www.prevnet.ca)

Strategies for parents to help their kids deal with bullying:

1. Be a role model by treating others with respect.
2. Teach your child how to handle conflicts.
3. Encourage your child to make friends who are kind.
4. Help your child develop coping skills.
5. Be aware of your child’s online activities.
7. Listen to your child and be supportive.
8. Help your child develop a support network.
9. Be active in your child’s school and at school events.
10. Be involved in your child’s education and make sure your child is safe at school.

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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.