

Strategies for Parents/Caregivers (cont.)

Change The Dynamics

Parents/Caregivers need to be aware of the dynamics in peer groups. It is extremely important to provide an environment that promotes positive friendships and reduces negative interactions; parents/caregivers need to ensure all young people are included so that bullying behaviour does not flourish. Consider enrolling your child in various activities in and out of school so they can experience many different friendships. Make connections with other parents/guardians so that children's peer interactions can be monitored.

Build On Children's Strengths

Children who are bullied often have low self-esteem. Find activities they enjoy so they can start to feel good about themselves. For children who bully, provide opportunities for them to use their natural leadership skills in a positive way (e.g., teaching siblings and younger children a new sport or skill).

Acknowledge (and Practise!) Inclusive and Respectful Behaviour

Parents/caregivers set the tone for family relationships and children learn relationship skills by watching their parents'/caregivers' behaviour. Practice tolerance and model the use of positive power by respecting and supporting others. Encourage positive relationships among children by acknowledging respectful and inclusive behaviour whenever you see it. Try and focus on the positives of your child, even when they need correcting.

Use Consequences That Teach and Encourage Empathy

Parents/Caregivers must set guidelines, limits, and consequences for unacceptable aggressive behaviour. Consequences should teach young people that bullying behaviour is wrong and should show children how to use their power in a positive, rather than destructive way.

Resources:

www.childdevelop.ca—provides evidence-based programs for children ages 0-12 and youth ages 13-18, and their families across four streams: Early Intervention Services, Family Violence Services, the Integra Program and Healthy Child Development

www.the.doorthatsnotlocked.ca—tips for parents/guardians on how to deal with our children's online activity

www.edu.gov.on.ca/eng/safeschools—the Ontario Ministry of Education site for safe and accepting schools

www.family.ca/standup— Family Channel resources for families

www.kidshelpphone.ca— provides toll-free, 24-hour anonymous phone counseling to young people

www.kidsmentalhealth.ca—provides supports and resources for young people and families dealing with the effects of bullying

https://infocopa.com/a-propos?

locale=en - a Franco-Ontarian resource network in the field of child and youth violence prevention. Provides high quality assault prevention resources (Grades 1-12) for educators based on best practices.

http://mediasmarts.ca/parents—an informative and relevant Canadian website with outstanding resources for parents/ caregivers

www.prevnet.ca— Canada's foremost site for research and support for families, students and educators



Strategies for Parents/Caregivers: Supporting children involved with bullying

Bullying is a serious issue for today's youth and one that requires adult intervention. There are a number of ways that parents/caregivers foster the skills needed to create and maintain healthy relationships and stop incidents of bullying behaviour.

"Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule your hearts, to which indeed you were called in the one body."

Colossians 3: 14-15



Ontario Ministry of Education

Definition of Bullying Behaviour - PPM 144

“Bullying” means aggressive and typically repeated behaviour by a pupil where,

(a) the behaviour is intended by the pupil to have the effect of, or the pupil ought to know that the behaviour would be likely to have the effect of,

(i) causing harm, fear or distress to another individual, including physical, psychological, social or academic harm, harm to the individual’s reputation or harm to the individual’s property, or

ii) creating a negative environment at a school for another individual, and

(b) the behaviour occurs in a context where there is a real or perceived power imbalance between the pupil and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education.

Bullying

For the purposes of the definition of “bullying” in subsection (1), behaviour includes the use of any physical, verbal, electronic, written or other means.

Cyber-bullying

For the purposes of the definition of “bullying” in subsection (1), bullying includes bullying by electronic means (commonly known as cyber-bullying), including:

(a) creating a web page or a blog in which the creator assumes the identity of another person

(b) impersonating another person as the author of content or messages posted on the internet

(c) communicating material electronically to more than one individual or posting material on a website that may be accessed by one or more individuals.

Signs of being bullied:

- afraid to go to school or other activities
- appears anxious, fearful, irritable
- low self-esteem; may be isolated from peer group
- complains of feeling unwell; trouble sleeping
- lower performance at school
- Injuries, damaged clothing or articles
- threatens to hurt self or others

Signs of bullying others:

- aggressive with parents, siblings, friends and pets
- low concern for others’ feelings
- bossy and manipulative behaviour
- has friends who bully and are aggressive
- easily frustrated and quick to anger

It takes courage for a child who is being bullied or a bystander to come forward. They may feel embarrassed, fear they will not be believed or fear retaliation. Yet, the single most effective thing a child can do to stop bullying behaviour is to tell an adult.

Give your child your full attention, remain calm and ask clarifying questions:

How often does it happen? How long has it been going on? When and where did it happen? How has it affected you?

**Stand up and be a voice for your child.
Report the bullying to adults at school.
Work together with your school to support the development of healthy relationships.**

Strategies for Parents/Caregivers:
Students who are engaged in bullying behaviour
and/or
Students who are targets of bullying behaviour

Teach Your Child To Be Assertive, Not Aggressive

Research shows that using aggression to deal with aggression usually makes the problem worse. Teach your child how to stand up for him/herself by rehearsing phrases and words such as, “STOP” until they feel/sound confident. Reassure them that walking away and reporting a bullying incident is the response.