

# BULLYING AWARENESS FOR FAMILIES



# BULLYING

## Upcoming Events

**Bullying Awareness & Prevention Week**  
November 21-27

[Elementary](#)

[Secondary](#)



## What is Bullying?

Bullying is wrong! It is behaviour that makes the person being bullied feel afraid and uncomfortable.

- The behaviour hurts, humiliates, or harms another person physically or emotionally
- Those targeted by the behaviour have difficulty stopping the action directed at them and struggle to defend themselves
- There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally
- There is a pattern of bullying behaviour, although bullying can occur in a single incident depending on its severity or the history of those involved

## What Bullying is NOT

It is important to distinguish bullying from other unkind, mean, and harmful behaviour. Calling someone a name or

pushing someone once, being rude or having an argument with someone is not bullying. Of course, these behaviours should be addressed but may have different responses and interventions, which is why the distinction is critical.

## Stop Bullying Before It Starts

### Create a List of Responses with Your Child:

Practice phrases your child can use to tell someone to stop bullying behaviour. These should be simple and direct: "Leave me alone." "Back off."

**Role-play "What If" Scenarios:** You can role-play the bully while your child practices different responses until they feel confident handling troublesome situations.

**Keep an Open Line of Communication:** Check in with your kids every day about how things are going at school.

## When Should You Talk to the School?

Go in sooner rather than later. Call the teacher and set up an appointment. Topics to cover:

*“My child is coming home and talking about this.”*

*“This is how it’s impacting my child.”*

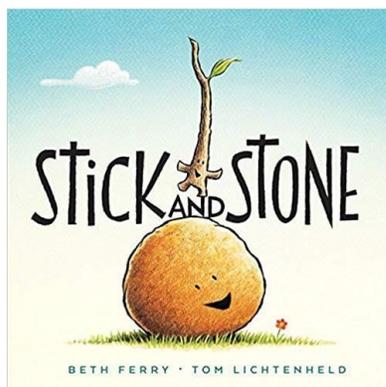
Later, you can follow-up and ask the teacher for an update.

If the bullying doesn't stop, or if the bullying is severe, you should go to the principal. You might want to ask these questions:

*“I spoke to the teacher last week, and my child is still coming home with this complaint. What should I do?”*

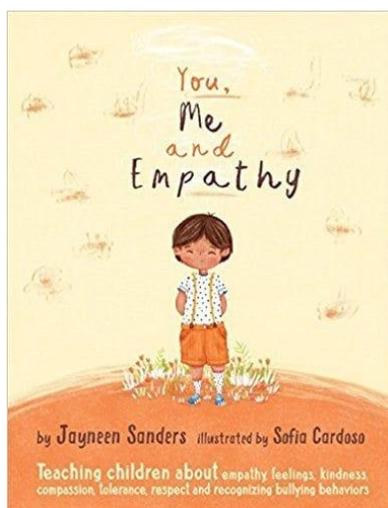
*“When can I expect to hear back from you about what you’ve done? What’s the next step?”*

## Read with Your Kids



True friends stick up for one another, even when it's a little bit scary. This book explores the importance of being an upstander which is critical in nurturing healthy relationships and positive school climate.

**Best for grades K-3**



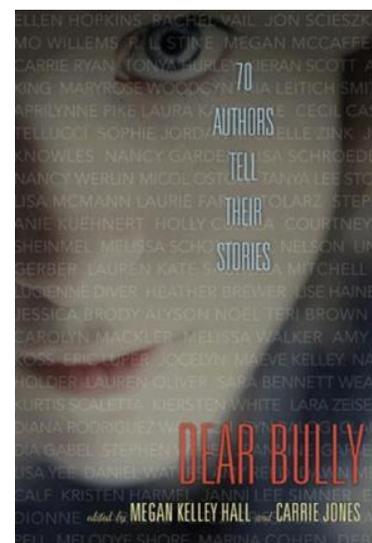
A very helpful book for teaching children about empathy, feelings, kindness, compassion, tolerance, and recognizing bullying behaviours.

**Best for grades K-4**



This uplifting novel follows August Pullman to fifth grade, which is his first time entering a mainstream school. August was born with a facial deformity, so he'll have to convince his classmates that he is normal, just like them, despite his appearance.

**Best for grades 4-6**



This book is a must-read for teens. Today's top young adult authors contributed 70 heartfelt stories about bullying in this collection—from being a bystander, to a victim, to a bully themselves. The book also includes resources and suggestions for further reading.

**Best for grades 7 and up**

**STAND TOGETHER & STOP BULLYING**



**WE CAN END BULLYING**

