



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

Issue # 14



As the new school year starts, your child may be feeling stressed because of the changes in routines. If they are starting Junior Kindergarten, moving to a new school or entering into grade 7, the changes can be more challenging. This is a good time to begin a daily routine of reviewing the school day with your child.

Some children may become involved in bullying situations in school. Your child may be bullied, watch it happening or even bully other children. In order to help your child, it is important to understand all about bullying so you can work together on the issue.

This newsletter highlights a Canadian website for the **Promoting Relationships and Eliminating Violence Network (PREVNet)**, "a coalition of Canadians concerned about bullying." It was made to help build awareness and understanding of bullying, provide tools to help, and to suggest policies to deal with or prevent bullying. It offers research-based information for parents, teachers, children, health workers etc. It is exciting to see that the method your school is using, called *Imagine... A School Without Bullying*, is on this website as a **PREVNet** success story.

PREVNet encourages adults to focus on children's relationships, as well as on the issue of bullying. Parents can help their children cope with and stop bullying. You are encouraged to review the website <http://prevnet.ca> and look at the **Toolkits**. These will give you information on the issue and many ideas to use as a parent. Here are some of the fact sheets you can print from this site:

- Making A Difference in Bullying: What Parents of Elementary/Adolescent Children Need to Know
- Bullied Tip Sheet for Young Children/Elementary/Adolescent School Children
- Bullying Tip Sheet for Young Children/Elementary/Adolescent School Children
- Bystander Tip Sheet for Young Children/Elementary/ Adolescent School Children





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It is important to know what is happening at your child's school to respond to and prevent bullying. Here are some ideas about how parents can help:

- Read your school's newsletters to learn more about bullying and what your school is doing;

- Ask about classroom meetings and other ways your child's school is trying to prevent and deal with bullying behaviour;



- Listen to your child's comments and feelings about what happens at school:
 - Do they feel safe?
 - Do they feel accepted and included?
 - Do they have an adult they can trust to talk to if something is wrong?
- Let the teacher and/or principal know if you feel your child is being bullied at school.



Getting involved with your child's school is an opportunity to come together with other adults to build a healthy, safe school community for our children. With our combined efforts, our children will become the best that they can be.

