Bullying is an action that is done on purpose; 
One person has more power or strength over another; 
It is usually done more than once; and 
The action is not wanted by the child being bullied.

When Your Child is Being Bullied

Some important things to do are:

- Stay calm
- Believe your child
- Say encouraging words like: I hear you, I am here for you, I believe you, you are not alone
- Don’t give excuses for the other child’s actions
- Reassure your child they were right to tell
- Take notes of what your child says
- Contact the school

What will the School Do?

- The school should look into the bullying immediately and contact you when they have a plan
- Your child and the child who bullied should not meet for mediation
- Your child may speak with the school social worker and they may plan to increase some of his/her social skills to prevent further bullying
- If the bullying continues and the principal is not responding, write to the school’s superintendent

When should the Police be contacted?

Waterloo Region Police Services should be contacted if:

- your child has been physically assaulted
- your child has been threatened with physical injury
- your child has been discriminated based on race, sex, religion, ethnic background or disability
- the bullying continues

Contact the Police at (519) 653-7700

Adapted from Health Resources and Services Administration and “Imagine… A School without Bullying” FCR 261