

What Can Families do About Bullying?

- 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

Speaking to your child's school



Parents should not be afraid to call the school to report their child has been bullied

- Meet with your child's classroom teacher and principal to explain your concerns
- Ask about the behaviour they have observed
- Discuss what the plan will be to help stop the bullying and to ensure your child is safe
- Set a follow-up appointment
- Make notes about what was discussed at the meeting

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