



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

Issue # 10

Bullying Prevention: Ideas for Parents

Bullying prevention starts at home and needs to continue at home. Schools are responsible for ensuring your children have a safe, non-threatening environment in which to learn. There's much you can be doing at home to complement the work being done at school. Your child may encounter bullying on the community playground or in any group setting. Communication with your child is the key. **We communicate by what we say and what we do.**

What we do:

You are your child's most influential role model and they are always watching and copying what you do. Things to keep in mind are:

- Keep from using your power aggressively.
- Instead of punishment for misbehaviour, use withdrawal of privileges.
- Avoid stereotyping or putting down others through jokes and comments.
- Be accepting of others and value our differences.



- Show your child how you handle anger in a suitable way, e.g. taking some time out, deep breathing, or taking a walk.
- Get to know your child's friends and invite them over to your home.

What we say:

You are your child's most important teacher.

- Praise respectful and cooperative behaviour whenever it happens. Children LOVE praise and will work hard to get it. This will build their confidence.
- Speak up right away if you overhear the beginning of a hurtful comment or bullying behaviour. It is important to deal with the situation in the very moment it occurs. Then children will get the message that it is not acceptable.
- Teach your child social skills such as how to give and receive compliments, how to be assertive (not aggressive) and how to resolve differences peacefully.



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For more information, contact Region of Waterloo Public Health 519-883-2003 ext. 5356

www.region.waterloo.on.ca/bullying



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- Help build your child's self-esteem by involving them in an activity they enjoy such as sports, music, or faith-based programs.
 - Help your child understand how words and actions can hurt other's feelings.
 - Teach empathy by helping your child imagine what it would feel like to "walk in another person's shoes".
 - Discuss with your child the violence they see in the media, in games and on the Internet.
 - Explore with your child what it means to be a good friend.
- Does much teasing go on at school?
 - Have they seen other children being bullied? Did they get help or support the child being bullied?
 - Have they ever been bullied at school or online?
 - Does their class have classroom meetings?

Keep in touch with what's going on at school:

- What prevention activities are going on?
- What are the school's policies regarding bullying?
- What resources, books, or videos are available for parents to use?

Ask questions:

Studies have shown (Totten & Quigley, 2005) that parents have very little knowledge of when harmful incidents are taking place at school. Therefore, it's important to ask your child the right questions, such as:

- Who do they play with and eat with?



Remember, children are "works in progress". They don't always get it right and they learn by trial and error.