



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

Issue # 2

Social Bullying and Bystanders

Social Bullying involves one person having more power over another. It includes words or gestures that:

- are done on purpose - like leaving a person out or embarrassing them
- are done more than once
- are not wanted by the child being bullied
- may also include daring someone to do something dangerous or giving "the look" (glaring, staring, scowling)



Boys and girls can be verbally bullied, but girls are more likely to socially bully other girls. This is the most common form of bullying.

Bystanders...

- are people who see bullying happening
- are around when bullying occurs about 85 percent of the time
- usually don't like watching bullying
- may fear being bullied themselves if they tell
- need someone to listen to them
- accept bullying as normal if nothing is done

Your child can help stop bullying by:

- not being in the "audience" (the bystanders) who watch or take part in bullying
- telling the person who is bullying to stop. This can stop bullying within ten seconds!
- finding an adult to help. This is not "tattling" as they are trying to help someone!

Your child can help a child being bullied by:

- ignoring the person who is bullying
- taking the child being bullied away by saying "let's play somewhere else"
- saying something supportive like "it's not your fault"
- asking an adult for help

What can you do as a parent?

- Teach your child from a young age to be kind, accepting and respectful to others.
- Be a good role model - show your child how a disagreement can be fixed by calm discussion, not by using angry words or actions.
- Discuss with your child how bystanders can help stop bullying - by recognizing bullying, speaking out and helping the child being bullied or getting the help of an adult.
- Let your child know that you expect them to help a child who is being bullied.
- Listen to your child. Tell them you believe in them and that they can help.

For help ...

- Contact your child's school with any concerns.
- Learn more about bullying at: www.region.waterloo.on.ca/bullying



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

www.region.waterloo.on.ca/bullying