

WHAT CAN PARENTS DO AT HOME?

- Let your child know that it is not his/her fault.
- Teach your child assertive behaviour, but avoid teaching aggression.
- Encourage your child to develop potential talents and positive attributes.
- Provide opportunities for increased social interactions and teach your child how to initiate contact with other children.

- Don't minimize, rationalize or explain away the bully's behaviour.
- Don't rush in to solve the problem for your child.
- Don't tell your child to fight back.

AT THE SCHOOL?

- Arrange a meeting with school personnel to share your concerns.
- Bring to the meeting the facts in writing: date, time, place, kids involved and the specifics of the incidents.
- Work with your child and school personnel on a plan that addresses what your child needs right now in order to feel safe, what he/she can do to avoid being bullied and to stand up to any future bullying, and to whom he/she can go for help.
- Under the Brandon School Division Harassment Policy, a formal complaint can be made after all other venues have been exhausted.

WHAT CAN PARENTS OF BULLIES DO?

- Establish clearly defined rules.
- Make it clear to your child that you take bullying seriously and will not tolerate any such behaviour in the future.
- Consequence inappropriate behavior (time out, withdraw privileges).
- Reward positive behaviour.
- Create opportunities to "do good".
- Nurture empathy.
- Closely monitor TV viewing, video games, social media and computer activities.
- Provide positive role models at home.
- Share your concerns with school personnel and work together to make change.
- Don't hesitate to ask for help.

WHAT CAN YOU DO IF YOUR CHILD WITNESSES BULLYING?

Encourage your child to:

- Not show support for the bully by laughing, cheering or joining in.
- Not to give the bully an audience, walk away.
- Support the victim, not the bully.
- Talk to a trusted adult if they have a concern about a friend or classmate.
- Take the attitude that the bullying is not OK.



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A Parent's Guide to Bullying

threats
name-calling
abuse
intimidation
social-media
cyber-bullying
discrimination



DID YOU KNOW?

- Bullying occurs every 7 seconds and lasts about 37 seconds.
- By age 24, 60% of identified bullies have a criminal record.
- Most bullying goes unreported.
- The effects of bullying can last a lifetime.

WHAT IS BULLYING?

A child is being bullied or victimized when he/she is exposed **repeatedly and over time**, to direct or indirect negative actions on the part of one or more other students.

Direct negative actions can be **verbal** (threatening, taunting, teasing, calling names) or **physical** (hitting, pushing, kicking, pinching, restraining).

Indirect negative actions include social isolation, gossiping, spreading rumours, gestures and intentionally excluding someone from a group.

BE A BUDDY



NOT A BULLY

POTENTIAL VICTIMS

Potential victims may display one or more of the following characteristics:

- Lack of confidence or self-esteem
- Spend a lot of time alone
- Physically weaker than their peers and have poor physical coordination
- Have difficulty asserting themselves in a peer group and are generally more cautious, sensitive and quiet.

POTENTIAL BULLIES

Potential bullies may display one or more of the following characteristics:

- Have average or better than average self-esteem
- Have a strong need to dominate other children and may show little empathy for children who are victimized
- Have an intolerance toward difference
- Be oppositional and defiant towards adults
- Be easily angered, impulsive and have low frustration tolerance

IS YOUR CHILD BEING BULLIED?

Warning Signs include:

- Showing an abrupt lack of interest in school or refusing to go to school
- Taking an unusual route to school
- Drop in grades
- Physical injuries not consistent with explanation
- Torn or missing clothing
- Repeated headaches or stomach aches, particularly in the morning
- Poor appetite, restless sleep
- May appear unhappy, sad or depressed
- May show unexpected mood shifts with irritability and sudden outbursts of temper
- Is sad, sullen, angry or scared after receiving a phone call or email
- Stops talking about peers and everyday activities
- Using derogatory or demeaning language when talking about peers
- Withdrawing from family and school activities

**Bullying is about
intimidation and
an imbalance of power.**