

CKNW CHILDREN'S CHARITIES  
**PINK SHIRT DAY**



## PREVENTING BULLYING TIPS FOR PARENTS & CAREGIVERS

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### IF MY CHILD IS BEING BULLIED:

- Listen to your child entirely before reacting
- Involve your child in finding solutions
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety
- Build your child's capacity to respond effectively to the bullying by:
  - Abstaining from violence
  - Not counter-bullying
- Help your child to build their self-esteem by:
  - Engaging them in activities they enjoy
  - Praising their good efforts and accomplishments
- Remind your child that you love them
- Know when the problem is getting too big for them, and seek appropriate intervention
- To get help: Kids Help Phone 1-800-668-6868 or [kidshelpphone.ca](http://kidshelpphone.ca)

### IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR:

- Stay calm and be firm—let your child know that bullying is not acceptable

- Find out what motivates your child to bully, and encourage an open and honest discussion
- Use non-violent and age-appropriate consequences; set rules
- Discuss how your child can take steps to repair the damage caused by the bullying behaviour
- With your child's help, create a team of support for the both of you (teachers, school counselors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power

### IF MY CHILD IS WITNESSING BULLYING:

- Explore the different options for your child to stand up against bullying
- Educate your child to intervene immediately to stop the bullying, but to get an adult to help with the intervention if it's unsafe to act without an adult present
- Approach the person being bullied to provide support
- Explain the difference between "tattling" on someone as opposed to reporting in order to stop someone from getting hurt
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game
- Set a good example for your child by showing that you care about others



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying