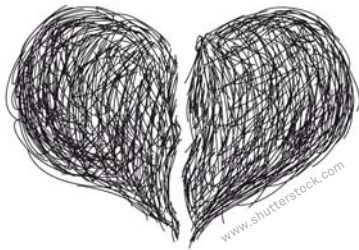


To parents

**BULLYING IS NOT
A SCHOOL PROBLEM.
IT IS A COMMUNITY PROBLEM
THAT ENTERS THE SCHOOL.**

Bullying is **not**
a normal part of growing up.



Build self-esteem. Value your child's contributions and achievements. If they are socially isolated at school, get them involved in community activities.

Teach your children that if they see someone being bullied, **they should not watch, laugh or join in.**

Help kids see the value of offering **empathy and support** to those who are bullied.

Work with your school to educate others about the problem of bullying.

Model respectful behaviours at home and in your daily interactions.

CYBERBULLYING TIPS

Familiarize yourself with online activities. Learn about the websites, blogs, chat rooms and cyber lingo that your children are using.

Keep the computer in a common area so you can **monitor activities.**

Recognize that online communication is a very important social aspect in your child's life. Do not automatically remove their online privileges if you find out about a cyber bullying experience.

Report incidents of online harassment, physical threats and bullying that occur over your child's cell phone to your local police.



**CANADIAN
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