



MAKING A DIFFERENCE IN BULLYING

What parents of adolescents need to know



For additional resources, check out <http://prevnet.ca/>



WHAT IS BULLYING? **Bullying is a relationship problem.**

Bullying is repeated and aggressive behaviour by a student that is intended to cause harm, fear, or distress to another individual. This includes psychological harm and harm to a person's reputation. In addition, bullying is a behaviour that occurs in a context where there is a real or perceived power imbalance between the student and the individual based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, race, disability or the receipt of special education.

Is your adolescent being bullied? Sharing these tips with him/her may help:

- o Talk to someone you trust, like a parent or teacher. They can offer support and develop a plan to end the harassment.
- o Think about how your behaviour may be making the problem bigger or smaller.
- o Ignore the bullying and walk away... make them think you don't care.
- o Try not to show that you are upset when bullied.
- o Laugh it off... humour shows you're not bothered.
- o Stay close to students you can count on to stick up for you.
- o Stay away from areas where bullying happens.
- o Act confident... hold your head up, make eye contact, walk confidently.
- o Make time to do things that make you feel good about yourself.
- o Do what's right... carrying a weapon may get you into trouble.
- o Be assertive, not aggressive... fighting back can make things worse.