

CKNW KIDS' FUND
PINK SHIRT DAY

BULLYING

TIPS FOR PARENTS & CAREGIVERS

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



Information provided by
redcross.ca/respecteducation
Preventing Bullying