



STANDUP BULLYING

If you see it, you can stop it



Canadian
Red Cross

TIPS FOR PARENTS TO ADDRESS BULLYING & CYBERBULLYING

- ▶ Teach your children that if they see someone being bullied, they should not watch, laugh or join in.
- ▶ Pay attention to the relationships in your children's groups. Ensure all children are included and that inappropriate behaviours are addressed.
- ▶ Help kids see the value of offering empathy and support to those who are bullied.
- ▶ Work with your child's school to educate others about the problem of bullying.
- ▶ Be a good example for your children. Model respectful behaviours at home and in your daily interactions.

ON CYBERBULLYING

- ▶ Familiarize yourself with online activities. Learn about the websites, blogs, chatrooms and cyberlingo that your children are using.
- ▶ Keep the computer in a common area so you can monitor activities.
- ▶ Keep open communication lines with your children so they feel comfortable talking to you about cyberbullying experiences. Let them know that you are there to support them.
- ▶ Recognize that online communication is a very important social aspect in kids' lives. Do not automatically remove their online privileges if you find out about a cyberbullying experience.
- ▶ Talk to your children about what is acceptable behaviour online and offline.
- ▶ Report any incident of online harassment and physical threats to the local police or your Internet Service Provider.
- ▶ Report any bullying that occurs over your child's cell phone to your phone service provider. You may have to change the phone number if the problem does not stop.

The Canadian Red Cross RespectED *Beyond the Hurt* program offers educational workshops on bullying and harassment prevention for parents, teachers and students. We can work with your school in developing policies and procedures and creating safe environments for staff and students. For more information, contact the Canadian Red Cross office nearest you or visit standup2bullying.com.

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