

# HWDSB

## Bullying

Children and parents should never feel alone or suffer the consequences of bullying in silence. Please tell a teacher, vice-principal, principal or trusted staff at your child's school immediately if you have a concern.

## What is bullying?

Bullying is typically a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause), fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying sometimes may also occur in a single event or occurrence.

## What should I do if my child is bullied?

- Listen to your child; assure them that they have a right to be safe, that reporting takes courage as it protects them and others.
- Know the facts about what happened and when.
- Please tell your child's teacher, trusted school staff, the principal or vice-principal.
- Remain calm so that you can support your child and co-plan a course of action.
- Watch your child's behaviour. Check in to ensure they feel supported and the bullying has stopped.
- If bullying occurs during sports or activities, speak to the instructor or coach.
- Contact police if bullying involves criminal behaviour (e.g. sexual assault, use of a weapon), or threats outside of school.
- Refer to the Addressing Concerns flowchart at [bit.ly/HWDSBconcern](https://bit.ly/HWDSBconcern)



## How to report bullying

1. Please tell your child's teacher, vice-principal, principal or trusted adult immediately.
2. If reporting bullying to staff is uncomfortable, students or parents can use the free and anonymous HWDSB Helps service to share a tip about bullying, mental health, substance use and more. Tips are sent to school staff. This is not a crisis line or counselling service.
  - **Text** 905-963-0066. Standard rates apply.
  - **Download** the HWDSB Helps app for iOS and Android.
  - **Web chat** at [www.bit.ly/HWDSBhelpswebchat](http://www.bit.ly/HWDSBhelpswebchat)

If you have questions, please contact your school's principal.



## Community Help

- COAST Hamilton: Mental health crisis line (905) 972-8338; [coasthamilton.ca](http://coasthamilton.ca)
- Kids Help Phone: 24/7 counselling for youth, crisis line 1-800-668-6868; [kidshelpphone.ca](http://kidshelpphone.ca)
- In case of emergency, call 911.

## Learn more

Find our Bullying Prevention and Intervention policy, procedure and resources at [bit.ly/HWDSBsafeschools](http://bit.ly/HWDSBsafeschools)

