

**CKNW KIDS' FUND**  
**PINK SHIRT DAY**

# BULLYING

## TIPS FOR PARENTS & CAREGIVERS

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### **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](http://redcross.ca/respecteducation)  
Preventing Bullying