

Bullying is NOT a normal part of childhood. It is NOT harmless.

Child bullies will often grow into adult bullies with serious violence related problems. Their victims may suffer long-lasting and serious consequences.

The time to end bullying is
NOW.

What is Bullying?

Bullying is:

- Conscious, deliberate, repeated, unwelcome actions intended to harm or distress.
- It is relational in nature, and can take physical, verbal, social or electronic forms.
- It is based on a real or perceived imbalance of power used to control.
- Bullying can be experienced by any one at any age.
- Bullying is also called harassment and intimidation.

Consequences of Bullying

Short term effects of being a victim

Being a victim is very stressful for children. It can interfere with your child's ability to do well in school, trust their peers, or even make friends.

Long term effects of being a victim

The long term consequences of being a victim vary a good deal. Difficulties forming trusting relationships, social anxiety, mental health issues, or suicide can result from being subjected to bullying over a long period of time.

Short term effects of being a bully

Even though bullies are sometimes viewed positively by their peers, they rarely are capable of maintaining close friendships. They usually do not do well in school and they can have problems with their teachers.

Long term effects of being a bully

Bullying behaviour is often one of the first steps to more serious problems. Children who bully are more likely to grow up to be adult bullies, be convicted of a crime, less likely to finish post-secondary education, get a good job, and develop healthy relationships.



"I wondered why somebody didn't do something. Then I realized, I am somebody."

Anonymous

Source:

Girl Wars: 12 Strategies that Will End Female Bullying by Cheryl Dellasega Ph. D.

For More Information

Contact your child's school, the school board office or visit one of the following websites:

www.hpcdsb.edu.on.ca

www.bullyprevention.ca

www.cipb.ca

If you do not have access to the internet and would like further information, your child's school would be pleased to send home more information upon request or visit the public library branch nearest you.

Huron County Library (519) 482-5457

Stratford Public Library (519) 271-0220



Huron-Perth Catholic District School Board

Board Office Address:
87 Mill Street, P.O. Box 70,
Dublin, Ontario, N0K 1E0
Telephone: (519) 345-2440
Fax: (519) 345-2449
Website: www.hpcdsb.edu.on.ca

Imagine A School Without Bullying

A Guide for Parents



Blessed are the peacemakers,
for they will be called children
of God.

Matthew 5:9

Huron-Perth Catholic District School Board



Is my child a Victim?

Bullying usually takes place where you and other adults can't see it or hear it. The following may be signs that your child is being bullied:

- Withdraws from previously enjoyed activities
- Fears going to school or frequently complains of feeling unwell in the morning
- Has low self-esteem and makes negative comments
- Has few, if any friends
- Has unexplained injuries, bruises, or damaged belongings
- Suddenly loses interest in school or has a sudden drop in marks
- Appears unhappy, anxious, fearful, or depressed
- Has trouble sleeping, bad dreams, or bedwetting
- Experiences a loss or change in appetite
- Threatens to hurt themselves or others



Talk to your child about bullying

What can I do if my child is being bullied?

Teach your child gospel values.

When Gospel values are at the center of each of your children's decisions, your child becomes a vital link in a community which renounces violence and celebrates the God-given potential of every human being.

And a harvest of righteousness is sown in peace for those who make peace. James 3:18

How to Solve Problems

1. Define the problem
I am being called names that hurt
2. Brainstorm some solutions
I can call hurtful names back
I can ignore the person
I can say "stop calling me names"
I can ask for help from a teacher
3. For each solution consider:
 - Is it safe?
 - How will people feel?
 - Is it fair?
 - Will it work?
4. Choose a solution and try it
5. Evaluate the solution
Ask your child if their solution worked, Reinforce their ability to solve problems. If it did not work, return to Step 1.

Teach your child problem solving skills.

Don't always rush in to solve your child's problems. Doing so can make your child feel powerless. Good problem solving skills will help your child throughout life.

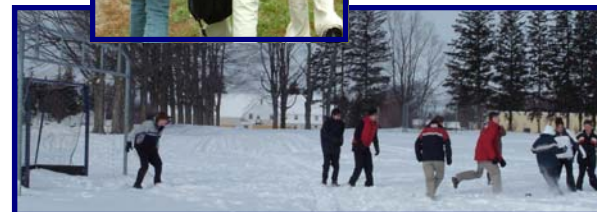
Contact your child's school.

If your child reveals that he or she is being bullied at school or if you have suspicions that your child is being bullied, report the problem to the school.

- At the elementary level, contact your child's teacher, or principal.
- At the high school level, contact your child's homeroom teacher, the guidance department, chaplain, vice-principal, or principal.

Remember bullying is strictly prohibited

in all school buildings, on all school grounds, and during all school functions.



Is my child a Bully?

It can be difficult to discover and to acknowledge that your child is a bully. If your child is bullying others, it is important to break this pattern, not just for the sake of the victim, but also for your own child's sake.

Does your child:

- Have an aggressive, nasty or spiteful attitude towards others?
- Exclude others from participating in activities?
- Appear to dominate, manipulate or intimidate others?
- Like to gossip or spread rumors about others?
- Have a history of being bullied?

Did you Know...

That computers, cell and camera phones, instant messaging, and other electronic media are becoming the new medium by which youth are bullying others?

- Keep the computer in a room where everyone can see it.
- Monitor your child's involvement in chat rooms
- Talk to them about their computer use.
- Learn about the internet yourself.

