

# What Parents Should Know About Bullying Elementary Schools

Bullying is generally defined as a purposeful, deliberate and repeated action/activity with the intent to harm, threaten and/or intimidate causing fear. Generally and most often the actions are repetitive suggesting imbalance of power.

## Bullying occurs in many different types and forms;

**Verbal;** name calling, hurtful comments, threats, intimidation, insults,

**Social;** exclusion from peer groups, gossip, spreading of gossip and rumors, group teasing or taunting/mock, ignoring,

**Physical;** hitting, pushing, kicking, slapping, damaging personal property

**Cyber;** using technology such as; e-mail, cell phone, Facebook, Twitter, blog or web sites, to harass or threaten, spread gossip or rumors; ( social media, internet)

Bullying is upsetting and not considered an acceptable part of growing up. Bullying is a form of behaviour causing harm to another and should not be tolerated.

## Tips for parents;

Warning signs your child could be experiencing bullying:

- unusual changes in character or habits
- loss of interest in activities such as school, sports or clubs
- unexplained bruises or cuts
- unexplained sadness, loneliness or withdrawn

## Examples of ways parents can be involved;

- Be involved by listening and talking with your child.
- Know your child's friends and the parents of your child's friends
- Promote respect in your daily interactions
- Be active in your community and in the school.
- Become familiar with the school code of conduct for behaviour
- Set expectations for positive behavior in the home, including the responsible use of technology.
- Offer age appropriate supervision which should include limiting electronic activities and logical consequences.

[www.healthunit.com](http://www.healthunit.com)

## **Additional Information for Parents**

Feeling safe is critical to the well-being of children, bullying is reduced by the promotion of positive behaviors such as respect, dependability, and kindness.

Parents can play a role in the prevention of bullying by encouraging self-confidence that promotes children to stand up to a bully, encouraging friendships by reaching out to excluded peers, and celebrating acts of kindness and accomplishments.

## **Local Resources for Parents**

London Anti Bullying Coalition  
[www.londonabc.ca](http://www.londonabc.ca)

Safe Schools – Thames Valley District School Board  
<http://www.tvdsb.ca/programs.cfm?subpage=33>

Safe Schools – London District Catholic School Board  
<http://www.ldcsb.on.ca/Programs/SafeSchools/Pages/default.aspx>

## **Website Resources for Parents**

PREVnet  
<http://prevnet.ca/BullyingResources/ResourcesForParents/tabid/390/Default.aspx>

TVO Kids  
<http://tvoparents.tv.org/special/bullying-why-cant-we-stop-it?gclid=CPm1lsLGjrQCFemiPAodRH8ACw>

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