



# BULLYING: Support for Parents

## What is bullying?

Bullying happens when someone hurts another person physically, socially, or emotionally. Bullying can look different at different ages. Sometimes bullying can be easy to see but usually it isn't. Often, it may not seem like bullying, even to the person doing it. A child, teacher, or parent might call it teasing or "part of growing up." **Whatever it looks like, it is a problem that affects everyone involved, even after the bullying is over.**

## What kinds of bullying are there?

**Physical bullying:** hitting, pushing, kicking, etc.

**Verbal bullying:** name-calling, belittling, threatening, etc.

**Social bullying:** spreading rumors, gossiping, ignoring, excluding, destroying relationships, etc.

**Cyber bullying:** using technology to bully (texts, Facebook, emails, etc).

## Why does bullying happen?

**Bullying is a relationship problem** –to self, others, and the community. Bullying is an abuse of power. It can be random but can also be caused by differences in race, sexuality, religion, disabilities and abilities, or anything that creates a difference between one child and another. **Bullying can stop when everyone involved makes an effort to stop it.**

## What should I know about bullying?

- In Canada at least 1 in 10 kids bully others regularly.
- 1 in 3 children have been bullied.
- About one-third of bullied children will bully others.
- Bullying can lead to social and emotional problems for the giver, receiver and witness.

## Is your child being bullied?

A child who is being bullied will often act differently, such as:

- Being withdrawn, anxious, angry, or unhappy.
- Missing school and other activities.
- Having headaches and stomach aches.
- Showing physical signs – bruising, ripped clothes, etc.
- Asking for money to replace school materials.
- Being unusually aggressive with siblings or pets.
- Having trouble sleeping, nightmares.

## How can I help my child who is being bullied? **ACT!**

**Acknowledge** your child's problem. Take their problem seriously. Let them know you will help.

**Consider** who in your child's life can help them: friends, teachers, family, Elders or others in the community.

**Talk** to your child about what is happening. Work with your child to come up with some solutions. They've come to you because they need help. Show them they are loved and valued. Also talk to people in your community who can help.

### **ACT! with your community**

If bullying has entered your child's life, it has entered yours, too. Bullying involves more than just two people. To deal with it, you need to get other people's support.

1. **Talk to your child's teacher and principal.** Help them understand that bullying is serious. Ask if the school has any plans or policies in place to deal with bullying.
2. **Talk to a counsellor or encourage your child to do so.** Maybe you or your child needs outside help.



