



BULLY PROOF MY CHILD

- Help your child understand **bullying**. Explain what bullying is. It is more than physical; it can be done in person or over the phone or computer.
- **Keep open lines of communication with your child**. Check in with your child and listen to any concerns about friends and other students.
- **Encourage your child to pursue their interests**. Doing what they love may help your child be more confident among their peers and make friends with other kids with similar interests.
- **Teach your child to take a stand against bullying**. Give guidance about how to stand up to those who bully if it is safe to do so.
- **Talk to your child about seeking help from a trusted adult when feeling threatened by a bully**. Talk about whom they should go to for help and role-play what they should say. Assure your child that they should not be afraid to tell an adult when someone they know is being bullied.
- **Know what is going on in your child's school**. Visit the school website, subscribe to the student paper—if there is one—and join the PTA listserv or mailing list. Get to know other parents, school counselors, and staff. Contact the school by phone or e-mail if you have suggestions to make the school a safer and better learning place.

YOU'RE NOT ALONE

Dealing with bullying can hurt a child's confidence. To help rebuild it, encourage your kids to spend time with friends who have a positive influence. Participation in clubs, sports, or other enjoyable activities builds strength and friendships.

Provide a listening ear about tough situations but encourage your kids to also tell you about the good parts of their day and listen attentively. Make sure they know you believe in them and that you'll do what you can to address any bullying.

In an Emergency 9-1-1

Lakeshore Regional Police Service
1-855-299-0138

Bullying Helpline Toll-free (24 Hour)
1-888-456-2323

Chat on-line
alberta.ca/bullying
(Noon-8:00 p.m. 7 days/week)

If you would like more information on bullying or to book a Bullying Awareness workshop contact the LRPS Crime Prevention Unit, 1-855-299-0138.



Lakeshore Regional Police Service

Stand Up. Speak Up.



STOP BULLYING

Lakeshore Regional Police Service

Lakeshore Regional Police Service
Box 291 Driftpile, Alberta T0G 0V0
1-855-299-0138

WHAT IS BULLYING?

Although definitions of bullying vary most agree that bullying involves:

- **Imbalance of Power:** people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves
- **Intent to Cause Harm:** actions done by accident are not bullying; the person bullying has a goal to cause harm
- **Repetition:** incidents of bullying happen to the same the person over and over by the same person or group



TYPES OF BULLYING

Bullying can take many forms. Examples Include:

- **Verbal:** name-calling, teasing
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving
- **Cyberbullying:** using the Internet, cell phones or other digital technologies to harm others

WHAT TO DO IF YOU ARE BULLIED

- **Report** any bullying to your parents, teachers and guidance counselors immediately.
- **Violence** is not the answer! If you get into a fight with your bully, you could be suspended or arrested. Sometimes, schools discipline students involved in fights they didn't start
- **Try to discourage** bullies. If possible, try to talk it out and request them to stop.
- **Write down** what happened, who was involved, when and where it occurred, and if there were any witnesses.
- **Find support** in the classroom, at home and in your community by talking about your experiences.
- **Don't be afraid** to talk to a counselor about what you've experienced.
- **Don't be a bystander!** If you see someone being bullied, tell a school official right away

**OVER 80% OF THE TIME,
BULLYING HAPPENS WITH PEERS AROUND
AND 57% OF THE TIME,
BULLYING STOPS WITHIN
10 SECONDS WHEN
A BYSTANDER STEPS IN.**

...

#PinkItForward

**BULLYING
STOPS
HERE!**