

TIPS FOR PARENTS !

**That bully only looks so tall,
Because they make you feel so small,
But you can shrink them down to size,
By standing up and being wise.**

Anonymous

1. If you think your child is being bullied, ask your child. Many children won't volunteer this information: they're ashamed, embarrassed or afraid. Adults need to take the initiative. Ask for specifics and write them down.
2. If your child tells you that he or she is being bullied, believe your child.
3. Contact the teacher as soon as possible. Request a meeting and bring you written record of what your child has told you. Stay calm and respectful, yours child's teacher, coach or leader wants to help.
4. Consider whether your child might be doing something that encourages bullies to pick on him or her. Is there a behaviour that your child needs to change? No one deserves to be bullied, but sometimes kids don't help themselves. Watch how your child interacts with others. Ask your child's teachers for their insights and suggestions.
5. Encourage your child to express his or her feelings around you. Give your child permission to blow off steam, argue and state opinions and beliefs that are different from yours. If you allow your child to stand up to you now and then, it's more likely that he or she will be able to stand up to a bully.
6. Remember that you are your child's most important teacher. Discipline at home should be fair, consistent, age appropriate and respectful. Parents who can't control their temper are teaching their children that it's okay to yell, scream and use physical violence to get their way.
7. Many children who bully come from homes where their parents bully them.
8. Please Don't confront the bully or bully's parents. This probably won't help matters and might make thing worse. Many children who bully come from homes where their parents bully them.
9. Please Don't tell your child to " get in there and fight". Bullies are always looking to gain power and control.
10. Please Don't blame your child. Bullying is never the victims fault.
11. Please Don't promise to keep the bullying secret. Instead, tell your child you're glad he or she told you about the bullying. Explain that you're going to help, and you're also going to as another adult to help.