



Points for Parents

Youth & Bullying

Physical Bullying

- Hitting, kicking or pushing someone—or even just threatening to do it.
- Stealing, hiding or ruining someone's things.
- Making someone do things he or she don't want to do.

Verbal Bullying

- Name-Calling
- Teasing
- Insulting

Relationship Bullying

- Refusing to talk to someone.
- Spreading lies or rumors about someone.
- Making someone feel left out or rejected

Reasons Why People are Bullies

- Peer pressure
- They are looking for attention
- They have no friends
- They do not care about peoples feelings
- Their behaviour is a reflection of personal problems
- They are insecure
- They have been picked on in the past
- They want to feel accepted by others
- They want to be part of a gang/group

Cyberbullying

What parents can do:

- Get involved and be aware: learn about the internet and what your youth is doing online. Be aware of what your youth is posting on web-sites and their own personal home pages.
- Encourage your youth to talk with you. Stay calm and keep the lines of communication and trust open.
- Encourage your youth to develop their own morale code so they will choose to behave ethically online. Talk with your youth about responsible internet use.
- Create an online agreement or contract for computer use, with your youth's input. Make sure the agreement outlines clear rules about ethical behaviour online.
- Take action if your youth is being bullied online. Watch for signs - a reluctant use of the computer or to go to school.
- Meet with the school officials and ask for help in resolving the situation
- Report any incident of online harassment and physical threats to your police, your Internet Service Provider, your mobile phone service provider.

Ways to avoid a bully

- Stay together in a group
- Be brave
- Be confident
- Walk away from trouble
- Stick up for yourself
- Tell someone you trust

Resources

Toronto Police Services - Bullying:

<http://www.torontopolice.on.ca/crimeprevention/bullying.php>

Bullying.org: <http://www.bullying.org/>

SafeCanada - Bullying:

http://www.safecanada.ca/topic_e.asp?category=28

Media Awareness Network - Challenging Cyberbullying:

http://www.media-awareness.ca/english/resources/special_initiatives/wa_resources/wa_shared/backgrounders/challenge_cyberbullying.cfm

Kids Help Phone - Bullying ages 13 and up

<http://www.kidshelpphone.ca/en/informed/bullying/bullying.asp>



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