Preventing and Reducing School Violence and Bullying:

Tools for Families

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Ometz

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Icon legend:

indicates a tool

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Six Critical Life Messages :

I believe in you.

I trust you.

I know you can handle it.

You are listened to.

You are cared for.

You are very important to me.

Barbara Coloroso, 2009[1]

[1] Retrieved from: www.kidsareworthit.com

INTRODUCTION

This *Tools for Families* booklet has been written with you in mind. In it, you will find a number of suggestions to help you address the issues of bullying and violence with your children. Families who are supportive of their children provide them with strong protection in the world around them. In an encouraging home environment, children learn to be confident and resilient, and acquire the skills needed to cope with, and thrive in, relationships with others.

"The parent-child relationship is at the centre of the development of all the most important moral qualities, including honesty, kindness, loyalty, generosity, a committment to justice, the capacity to think through moral dilemmas, and the ability to sacrifice for important principles."[2]

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2 Weissbourd, R. (2010).
The Parents We Mean to Be: How Well-intentioned Adults Undermine Children's Moral and Emotional Development, (pp. 1-2).
New York: Houghton Mifflin Harcourt Publishing Company.

Did You KnowThat…

- Around **50%** of teens have been the victims of cyberbullying?
- Only **1 in 10** teens tells a parent if they have been a cyberbully target?
- Almost **80%** of teens said that they either did not have parental rules about Internet use, or found ways around the rules?[4]
- **Girls** are more likely than boys to be involved in cyberbullying?[5]

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4 National Crime Prevention Network. (n.d.)
Stop cyberbullying before it starts.
Retrieved from http://www.ncpc.org/resources/files/pdf/bullying/cyberbullying.pdf

5 Webster, R. (2010).
From Cyber Bullying to Sexting: What's on your Kids' Cell?.
Retrieved from http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html

WHAT PARENTS SHOULD KNOW ABOUT BULLYING

Bullying includes behaviors such as hitting, teasing, taunting, spreading rumors and gossip, stealing, and excluding someone from a group. Bullying actions are carried out on purpose with the intent to harm someone.

Bullying is usually a repeated activity; however, it may also occur as a one-time event. It always involves a power imbalance. The person bullying has more power due to factors such as age, size, strength, support of friends, and access to resources (such as toys).

Children and adults sometimes find it difficult to recognize bullying. For example, a fight between friends, or rough play between children with equal power are not bullying situations. They become bullying, however, when one person has more power and uses it to hurt, frighten, or exclude the other person.

WHO BULLIES?

People sometimes assume that only boys bully, but that is not true. Girls also bully others. Boys tend to use methods such as hitting, fighting, and threatening. These face-to-face behaviors are easy to observe.

Girls do bully using physical and verbal attacks, but they often use behind-the-back methods that are harder to see. These more subtle behaviors include getting peers to exclude others, and spreading rumors and gossip. It's important to remember, though, that girls and boys use both face-to-face and behind-the-back methods.

WHAT ARE THE CONSEQUENCES OF BULLYING?

Bullying jeopardizes children's safety and potentially creates both short- and long-term problems for all children involved.

Children who are bullied are more likely to develop future academic problems and psychological difficulties. Serious problems such as depression and low self-esteem can result, and they can continue into adulthood.

Children who bully and continue this behavior as adults have greater difficulty developing and maintaining positive relationships. Research shows that without effective intervention, children who regularly bully others may grow up to become perpetrators of domestic violence, child abuse, hate crimes, sexual abuse, and other illegal behaviors. In fact, children with bullying problems at age 8 are six times more likely to be convicted of a crime by age 24 than children who do not bully.

HOW MANY CHILDREN DOES BULLYING REALLY AFFECT?

Bullying affects virtually all children. Although it is true that some children will never be bullied, research shows that children (as bystanders) witness 85% of school bullying incidents. Child witnesses, or bystanders, may feel powerless to stop bullying. They may fear being bullied next. And they may feel sad or guilty about the abuse others experience. Additionally, bystanders may see those who bully succeed at getting what they want. This may tempt bystanders to take part themselves.

ISN'T BULLYING JUST A NORMAL PART OF GROWING UP?

The many myths about bullying include the notion that bullying is a harmless childhood activity and a normal part of growing up. Confusion about the difference between conflict and bullying can fuel this myth. Although occasional peer conflict is inevitable, bullying is not inevitable. In a conflict, both sides have equal power to resolve the problem, whereas bullying involves the intentional, one-sided use of power to control another. Its harmful consequences can affect people seriously for the rest of their lives.

WHAT ABOUT BULLYING BETWEEN SIBLINGS?

Some degree of conflict among siblings is to be expected. In some situations, however, sibling rivalry can develop into bullying as children jockey for power. Given the normal amount of teasing and bickering in any family, it can be difficult for parents to know where to draw the line. Ideally, we want our children to learn to work out disagreements among themselves. But when is adult intervention necessary?

Here's a good rule of thumb: Behavior that would be unacceptable between two unrelated children is unacceptable between two siblings. When one child intentionally and consistently hurts or frightens a smaller or less powerful sibling, that's bullying—and it needs to stop. Like all forms of bullying, bullying among siblings can have long-term effects. It can damage self-esteem and set the pattern for abusive relationships in the future. [6]

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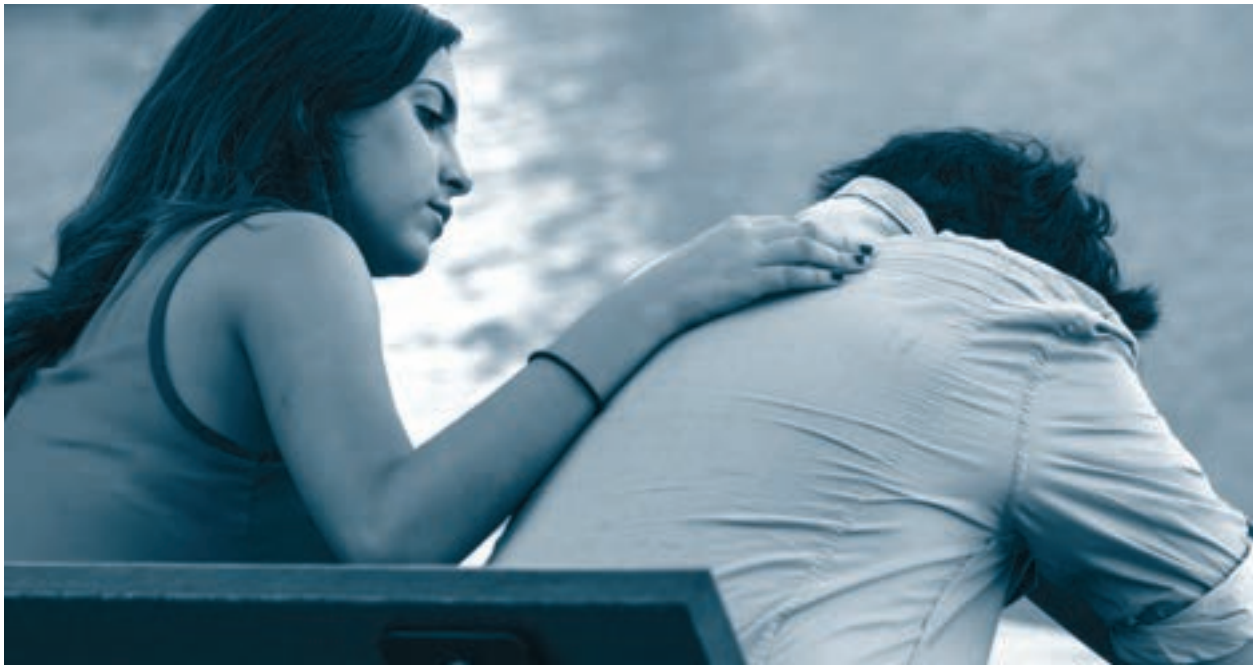
[6] Note. From Committee for Children. (2012). *What Parents Should Know About Bullying, Part I.* Tiré de http://www.cfchildren.org/advocacy/bullying-prevention/what-parents-should-know-about-bullying-part-1.aspx



WOULDN'T MY CHILD TELL ME ABOUT BEING BULLIED?

Not necessarily. Children may not tell adults—even their parents—about being bullied at school. Studies show that children don't disclose such incidents because they believe adults won't be able to stop the bullying. Children may also think that they should be able to solve their own problems. Or they may not even recognize that they are being bullied. Other children are afraid; they think that telling an adult will result in worse treatment from the child bullying them. Any of the following signs can indicate that a child is being bullied:

- Fear of riding the school bus
- Cuts or bruises
- Damaged clothing or belongings
- Frequently "lost" lunch money
- Frequent requests to stay home from school
- Frequent unexplained minor illnesses
- Sleeplessness or nightmares
- Depression, or lack of enthusiasm for hobbies or friends
- Declining academic performance.

COULD MY CHILD BE BULLYING OTHERS?

A child who bullies may exhibit some of the following behaviors:

- Frequent name-calling; for example, describing others as "wimps," "lame," or "losers"
- Regular bragging
- A constant need to get his or her own way
- Spending time with younger or less powerful kids
- A lack of empathy for others
- A defiant or hostile attitude; easily taking offense

WHAT CAN I DO IF MY CHILD IS BULLIED?

Help your child learn to avoid responding in ways that reward bullying. Explain to your child that people who bully are hoping to get certain reactions. For example, one child might try to bully another by making him feel angry or sad. When the bullied child responds assertively instead ("That's bullying. I want you to stop!"), the child who is bullying may

lose interest, and further bullying may be prevented.

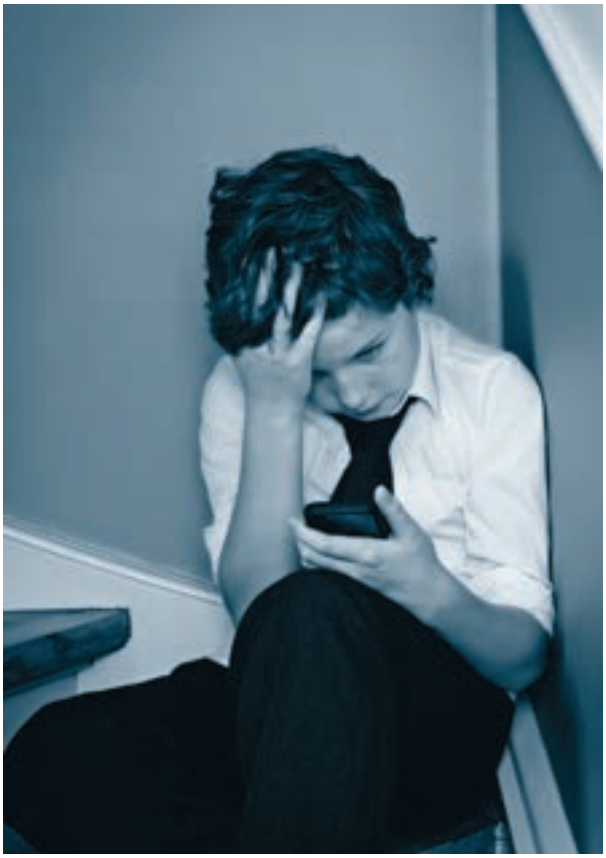
Additional ideas for helping your child cope with being bullied include:

- Assuring your child that he or she is not to blame.
- Instructing your child not to fight back. Bullying lasts longer and becomes more severe when children fight back. Physical injuries often result.
- Advising your child to report all bullying incidents to an adult at school or a parent.
- Letting your child know that he or she has made the right choice by reporting the incident(s) to you.
- Help your child be specific in describing bullying incidents: who, what, where, when. (Look for patterns or evidence of repeated bullying.)
- Role-play friendship-developing social skills with your child. For example, you could help him or her practice making conversation, joining a group activity, being respectful, and being assertive. Friendships can help buffer a child from the harmful effects of bullying.

WHAT CAN I SUGGEST AS POSSIBLE ALTERNATIVES FOR HANDLING BULLIES?

Parents can suggest the following approaches to a child:

- Avoidance is often the best strategy.
- Play in a different place.
- Play a different game.
- Stay near a supervising adult when bullying is likely to occur.
- Look for ways to find new friends.



Parents themselves can take the following approaches:

- Support your child by encouraging him or her to extend invitations for friends to play at your home or to attend activities.
- Involve your child in social activities outside of school.

HOW CAN I PROMOTE RESPECTFUL BEHAVIOUR?

Children need to learn that respectful behaviour is an essential part of all relationships. Below are some strategies for reinforcing that idea with your child:

- ✓ Spend time with your children. Plan time each day to talk with your children about any joys or difficulties they encounter. When problems come up, help your children think of respectful, cooperative ways to solve them.
- ✓ Know your children's friends. When your children are away from home, make sure that you know and trust the children they are with.
- ✓ Be consistent about discipline. Hold your children responsible for negative or hurtful behaviours, but avoid using public put-downs and physical punishment. These methods validate causing shame and using physical violence as solutions to problems. Make sure that your children understand the consequences of their actions.
- ✓ Eliminate toys, games, and TV shows that reward aggression. Villains and heroes often successfully use violence to reach their goals. The negative consequences that should follow are rarely seen. Some children learn how to bully by seeing it on television or video games.
- ✓ Keep tabs on your children's Internet use. The prevalence of bullying over the Internet (also called cyberbullying), is increasing rapidly.
- ✓ Encourage your child to be slow to take offense. Children who bully often are quick to interpret innocent actions (such as being hit by a stray elbow in the hall) as hostile. Teach your children to stay cool and calm by counting to ten or using self-talk. For example, your children could say to themselves, "I don't get mad about little stuff like this." Praise your children for choosing respectful, nonaggressive responses.
- ✓ Make sure your children know what other kids expect. Respectful behaviours we have all learned include taking turns, or apologizing when you accidentally hurt someone. Observe your children playing with others. Are there unspoken rules that they don't understand? If so, discuss them privately.
- ✓ Help your children see other points of view. Children who bully often have difficulty interpreting facial expressions or tone of voice. They forget to consider other children's feelings. Explore with your children how they might feel "in someone else's shoes."

People of all ages experience conflict in their relationships. When children learn to recognize and respond effectively to bullying, they learn positive skills that will last a lifetime.[7]

[7] Note. From Committee for Children. (2012).
What Parents Should Know About Bullying, part 2.
Tiré de http://www.cfchildren.org/advocacy/bullying-prevention/what-parents-should-know-about-bullying-part-2.aspx

TEN ACTIONS ALL PARENTS CAN TAKE TO HELP ELIMINATE BULLYING

The latest research shows that **one in three children are directly involved in bullying as a perpetrator, victim, or both.** And many of those who are not directly involved witness others being bullied on a regular basis. No child is immune—kids of every race, gender, grade and socio-economic sector are impacted. But it doesn't have to be this way. As parents, we have the power to help reduce bullying. Here are Education.com's top ten actions you can take to help address bullying:

1 **Talk with and listen to your kids—every day.**

Research shows that adults are often the last to know when children are bullied or bully others. You can encourage your children to buck that trend by engaging in frequent conversations about their social lives. Spend a few minutes every day asking open ended questions about who they spend time with at school and in the neighborhood, what they do in between classes and at recess, who they have lunch with, or what happens on the way to and from school. If your children feel comfortable talking to you about their peers before they're involved in a bullying event, they'll be much more likely to get you involved after.

2 **Spend time at school and recess.**

Research shows that 67% of bullying happens when adults are not present. Schools don't have the resources to do it all and need parents' help in reducing incidents of bullying. Whether you can volunteer once a week or once a month, you can make a real difference just by being present and helping to organize games and activities that encourage kids to play with new friends. Be sure to coordinate your on-campus volunteer time with your child's teacher and/or principal.

3 **Be a good example of kindness and leadership.**

Your kids learn a lot about power relationships from watching you. When you get angry at a waiter, a sales clerk, another driver on the road, or even your child, you have a great opportunity to model effective communication techniques. Don't blow it by blowing your top! Any time you speak to another person in a mean or abusive way, you're teaching your child that bullying is okay.

4 **Learn the signs.**

Most children don't tell anyone (especially adults) that they've been bullied. Therefore, it is important for parents and teachers to learn to recognize possible signs of being victimized, such as frequent loss of personal belongings, complaints of headaches or stomachaches, avoiding recess or school activities, and getting to school very late or very early. If you suspect that a child might be being bullied, talk with the child's teacher or find ways to observe his or her peer interactions to determine whether or not your suspicions might be correct. Talk directly to your child about what is going on at school.

5 **Create healthy anti-bullying habits early.**

Help develop anti-bullying and anti-victimization habits early in your children—as early as preschool and kindergarten. Coach your children on what not to do—hitting, pushing, teasing, "saying na-na-na-na-na," or being mean to others. Help your child to focus on how such actions might feel to the child on the receiving end (e.g. "How do you think you would feel if that happened to you?"). Such strategies can enhance empathy for others. Equally (if not more) important, teach your children what to do—kindness, empathy, fair play, and turn-taking are critical skills for good peer relations. Children also need to learn how to say "no" firmly if they experience or witness bullying behavior. Coach your child about what to do if other kids are mean: get an adult right away, tell the child who is teasing or bullying to "stop," walk away, ignore the bully, and find someone else to play with. It may help to role play what to do with your child. Finally, repetition helps; go over these techniques periodically with your kindergarten and early elementary school-aged children.

6 **Help your child's school address bullying effectively.**

Whether your children have been bullied or not, you should know what their school is doing to address bullying. Research shows that "zero-tolerance" policies aren't effective. Ongoing educational programs that help create a healthy social climate in the school tend to work better. This means teaching kids at every grade level how to be inclusive leaders and how to be empathic towards others, and teaching victims effective resistance techniques. If your school does not have effective bullying strategies and policies in place, talk to the principal and advocate for change.

7 **Establish household rules about bullying.**

Your children need to hear from you explicitly that it is not normal, okay, or tolerable for them to bully, to be bullied, or to stand by and just watch other kids be bullied. Make sure they know that if they are bullied physically, verbally, or socially (at school, by a sibling, in your neighborhood, or online) it's safe and important for them to tell you about it—and that you will help. They also need to know just what bullying is (many children do not know that they are bullying others), and that such behavior is harmful to others and not acceptable. You can help your children find positive ways to exert their personal power, status, and leadership at school. Work with your child, their teachers, and their principal to implement a kindness plan at school.

8 **Teach your child how to be a good witness or positive bystander.**

Research shows that kids who witness bullying feel powerless and seldom intervene. However, kids who take action can have a powerful and positive effect on the situation. Although it is never a child's responsibility to put him or herself in danger, kids can often effectively diffuse a bullying situation by yelling "Stop! You're bullying" or "Hey, that's not cool." Kids can also help each other by providing support to the victim, not giving extra attention to the bully, and/or reporting what they witnessed to an adult.

9 **Teach your child about cyberbullying.**

Children often do not realize what cyberbullying is. Cyberbullying includes sending mean, rude, vulgar, or threatening messages or images; posting sensitive, private information about another person; pretending to be someone else in order to make that person look bad; and intentionally excluding someone from an online group. These acts are as harmful as physical violence and must not be tolerated. We know from research

that the more time a teen spends online, the more likely they are to be cyberbullied—so limit online time. There's a simple litmus test you can teach your children about online posting: if you wouldn't say it to someone's face or you would not feel comfortable having your parents see it—don't post it (or take it down now).

10 **Spread the word that bullying should not be a normal part of childhood.** Some adults hesitate to act when they observe or hear about bullying because they think of bullying as a typical phase of childhood that must be endured, or that it can help children "toughen up." It is important for all adults to understand that bullying does not have to be a normal part of childhood. All forms of bullying are harmful to the perpetrator, the victim, and to witnesses, and the effects last well into adulthood (and can include depression, anxiety, substance abuse, family violence, and criminal behavior). Efforts to effectively address bullying require the collaboration of the school, home, and community; try to involve all the parents, teachers, administrators, after-school care programs, camp counselors, and spiritual leaders you know. Bullying is a serious problem, but if we all work together, it's one we can impact.[8]

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[8] Note. From Education.com. (2006).
Ten actions ALL parents can take to eliminate bullying.
Retrieved from http://www.education.com/reference/article/ten-actions-to-eliminate-bullying/

IDEAS FOR PARENTS ON HOW TO DEAL WITH THEIR CHILD/ CHIDREN BEING CYBERBULLIED

1 Inform your child/children of the responsibilities and risks that come with having a smartphone, laptop, or other electronic device they can use to communicate with others.

2 Remember that we teach by example. Be mindful of your interpersonal communications and your use of electronic communication devices, especially in the presence of your children. Know that your communication/usage sends a message to your children as to what you consider to be acceptable.

3 Check in often with your children about their electronic device usage and have open, honest conversations with them about what they are experiencing.

4 Reports indicate that many young people are afraid to report cyberbullying to families out of fear that their electronic device(s) will be taken away from them. Taking away the device can cut children off from their entire social network.

5 Some have found that a "curfew" for cell phones and other electronic devices is helpful, having them all re-charged in a common area of the home. Encourage your child to "unplug" and enjoy non-online activities and interests.

6 Place computers in a common area of the home in order to be around if there are any questions or issues that arise during your children's usage.

7 Families may wish to look for support and education programs (through the school, school board, parent-teacher association, or community groups) to help them better understand the technology with which their children are communicating. [9]

8 Start speaking with your children about cyberbullying early. The sooner they learn that they can come to you if they are being bullied, and how to protect themselves as they get older, the more able they will be to minimize the effect cyberbullying has on them.

9 Problem-solve with your children. Work with them to help them develop their own solutions to their experience of cyberbullying. Encourage them to engage in positive face-to-face relationships that can shift the importance placed on online relationships.

10 Stand up for and with your children in their experience of being cyberbullied. Help them to change e-mail, cell phone, and texting accounts as needed. Keep copies of harassing e-mails and offensive materials as evidence. Contact your Internet service provider to seek their help in stopping the cyberbullying. [10]

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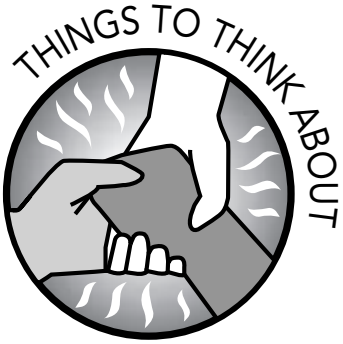
[9] Standing Senate Committee on Human Rights, Senate of Canada. (2012).
Cyberbullying hurts: Respect for rights in the digital age - A guide for parents.
Retrieved from http://www.parl.gc.ca/Content/SEN/Committee/411/ridr/rep/CyberBullyingParentGuide-e.pdf

[10] PREVNet. (2007).
What Parents Need to Know About Cyberbullying.
Retrieved from http://www.prevnet.ca/bullying/cyber-bullying/parents

CHECKLIST FOR PARENTS OR GUARDIANS*

Student Checklist



You and your classmates

- ❍ Do you know about the different roles students play in bullying, such as 1) bully 2) victim 3) bully-victim or 4) bystander?
- ❍ Do you know how bullying, sexual harassment, and racial discrimination hurt others?
- ❍ Do you feel comfortable solving problems with other students at your school?
- ❍ Are you part of school teams, clubs or other activities?

At School

- ❍ Has your school given you information about these issues?
- ❍ Do you know if your school has an anti-bullying/harassment committee? Do you know what the committee does?
- ❍ Do adults supervise the areas of your school where bullying happens most?
- ❍ Is there a Safe School or Anti-bullying assembly planned for this year? Will you go to the assembly?
- ❍ Are student problems talked about at school assemblies? Do you have a role or job you enjoy at the assembly? Do teachers and adults help to explain and supervise peer helper or peer mentoring programs?
- ❍ If you have problems with teachers or school staff, do you talk to an adult about it?
- ❍ Is there a way to privately report bullying, harassment, and racial discrimination at your school?
- ❍ Do you know if your school provides students with help and counseling? Are parents invited to these sessions?

❍ Do you know what rules your school has about bullying, sexual harassment, and racial discrimination?

In Class

- ❍ Does your school help students who are suspended from school by telling them what their homework is, or offering counseling?
- ❍ Does your teacher set aside time to discuss student relationships with the whole class?
- ❍ Have you filled out (completed) a student survey?
- ❍ Have you talked about the topics on the survey with your parent/guardian, teacher or other adult?

❍ Do you know where to find teachers or adults if there is a problem while you are on school property?

* Note. From Canadian Public Health Association. (n.d.). *Checklist for parents or guardians.* Retrieved from http://www.cpha.ca/uploads/progs/_/safeschools/checklist_parents_e.pdf

TOOL #1 : Parenting with Humour

While parenting has its serious side, the following letter is an example of one parent's effort to guide her child's behaviour with a healthy dose of humour.

Date: _____

Dear _____
(Child's Name)

Happy Holiday! You are now the proud owner of an iPhone. You are a good & responsible 13 year old and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young adult who can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership. I love you madly & look forward to sharing several million text messages with you in the days to come.

1 It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?

2 I will always know the password.

3 If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad." Not ever.

4 Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.

5 It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.

6 If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen. You should be prepared.

7 Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.

8 Do not text, email, or say anything through this device you would not say in person.

9 Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.

10 No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person – preferably me or your father.

11 Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12 Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear – including a bad reputation.

13 Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

14 Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO (fear of missing out).

15 Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16 Play a game with words or puzzles or brain teasers every now and then.

17 Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18 You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone. Happy Holiday! [3]

Xoxoxo

_____

(Family Member)

[3] Note. From Burley Hofmann, J. (2012). *Gregory's iPhone contract*. Retrieved from http://www.janellburleyhofmann.com/gregorys-iphone-contract/

TOOL #2 : Report of an Incident of Bullying and/or Violence Made by a Parent or Family Member

*The information presented on this form is held strictly confidential.

Name of person reporting the incident (optional): _____

Are you a: Parent ☐ Grandparent ☐
Member of the family ☐ Other ☐
Caregiver or Guardian ☐ _____

Are you: Male ☐ Female ☐ Rather not say ☐

When did the bullying happen? _____(day) of _____(month) _____(year)

Did this bullying happen to you personally? Yes ☐ No ☐ Rather not say ☐

Did this incident happen to your son/daughter/family member?
Yes ☐ No ☐

Who perpetrated the incident? A student ☐ A parent ☐
A member of the administration ☐ A teacher ☐
A member of the staff ☐ Other ☐
A volunteer at the school ☐ _____

Name of the person who perpetrated the bullying or violent act?

_____

Is this the first time this has happened to you, or that you have seen or heard about this happening to someone else? Yes ☐ No ☐

If this is not the first time it happened to you, or that you saw or heard about it happening to someone else, can you please tell us how many times it happened before today?
About ____times.

If you were not bullied, but saw someone being bullied, can you share his or her name with us? _____

Person's name: _____

In your own words, please tell us what happened:

Is there a teacher, administrator, staff member or volunteer at this school with whom you feel safe discussing this incident?

Yes ☐ No ☐ If yes, who would that be? _____

By coming forward, you have shown real courage.

Thank you for helping us to make this school a safer place for everyone!

TOOL #3 : Anti-Bullying/Cyberbullying Pledge for Families

*The information presented on this form is held strictly confidential.

We, the family of _____, agree to join together to stamp out bullying/cyberbullying at our school.

We believe that everybody should enjoy our school equally, have a peaceful life at home while on the Internet, and feel safe, secure and accepted regardless of color, race, sexual orientation, popularity, athletic ability, intelligence, religion and nationality.

Bullying can involve pushing, shoving, hitting, and spitting, as well as name calling, picking on, making fun of, laughing at, or excluding someone. Cyberbullying occurs when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies, or mobile phones. Bullying/cyberbullying causes pain and stress to victims and is never justified or excusable as "kids being kids," "just teasing" or any other rationalization. The victim is never responsible for being a target of bullying or cyberbullying.

By signing this pledge, we, the family, agree to:

1. Keep ourselves and our children informed and aware of school bullying/cyberbullying policies.
2. Work in partnership with the school to encourage positive behavior, valuing differences and promoting sensitivity to others.
3. Discuss regularly with our children their feelings about schoolwork, friendships and relationships.
4. Inform faculty of changes in our children's behavior or circumstances at home that may change their behavior at school.
5. Alert school faculty if any bullying/cyberbullying has occurred.[12]

Signed by: _____

Date: _____

Print name: _____

[12] Note. From Dr Phil.
Anti-Bullying/Cyberbullying Pledge – Parents.
Retrieved from http://www.drphil.com/shows/page/pledgeparents/

RESOURCES FOR FAMILIES

Parlor Meetings for Parents

In recognition of the complexity, joys and challenges of parenting, OMETZ offers parents the opportunity to establish or join a parlor group that meets monthly. With the guidance of an OMETZ Professional Facilitator, participants help each other look at their children's development, learn new parenting strategies, and build a network of support for themselves. The topics discussed are age-related and may include: limits/boundaries; communication; homework; sibling rivalry; bullying; resilience and self-esteem. Contact us: 514.342.0000

PREVNet – Promoting Relationships and Eliminating Violence Network

A Canadian network of 65 leading researchers, 90 graduate students, and 52 youth-oriented and youth-service organizations focused on the prevention of bullying and the promotion of healthy relationships.

http://www.prevnet.ca

Cyberbullying Hurts: Respect for Rights in the Digital Age

(*Guide for Parents*)

Helps parents explore ways that they can help their child to understand cyberbullying and to problem solve, and how they can work with the school and the community to encourage positive relationships and to promote inclusive cultures.

http://fr.scribd.com/doc/116568800/CyberBullyingParentGuide-e-pdf

Cyberbullying Hurts: Respect for Rights in the Digital Age

(Youth *Guide*)

A guide for youth from the Senate of Canada about what cyberbullying is, and how to deal with it.

http://fr.scribd.com/doc/116568774/Cyber-bullying-youth-guide

Bullying and Cyberbullying

(A project of the Royal Canadian Mounted Police)

Includes age-specific information on bullying and cyberbullying, including how to saddress it.

http://www.rcmp-grc.gc.ca/yorc-crpe/res/pres/bull-intimi/index-eng.htm

The Cyberbullying Game
(A project of Deal.org)
An online game that teaches young people strategies to respond to cyberbullying.
http://deal.org/the-knowzone/internet-safety/cyberbullying-game/

How to Keep Safe while Chatting Online
(A project of chatdanger.com)
Includes true stories and information on how to chat safely when using interactive online services.
www.chatdanger.com

Cyberbullying: Identification, Prevention and Response
(A project of the Cyberbullying Research Center)
A cyberbullying fact sheet with information for parents and schools.
http://www.cyberbullying.us/Cyberbullying_Identification_Prevention_Response_Fact_Sheet.pdf

Bullying at School and Online
(A project of education.com)
Resource for parents with information on a variety of bullying- and cyberbullying-related topics.
http://www.education.com/topic/school-bullying-teasing/

Call It Safe
(A project of the BC Confederation of Parent Advisory Councils)
A parent guide for dealing with bullying in elementary schools.
http://www.bced.gov.bc.ca/sco/elem_callsafe.pdf

The Bully Dance
(A project of the National Film Board of Canada)
Animated short on the dynamics of bullying.
Video : http://www.nfb.ca/film/bully_dance
A Teacher's Guide : http://canadasafetycouncil.org/sites/default/files/PDF_en/english_teachers_guide.pdf

SpiritClips Originals and Red
Excellent 3-minute videos on bullying and people standing in solidarity with those targeted.
SpiritClips Originals on YouTube (free): http://www.youtube.com/user/spiritclips/videos?view=0
SpiritClips Originals on Hallmark (paid): http://www.hallmarkspiritclips.com

The ***Red*** video : http://www.youtube.com/watch?v=jL9C SuK feoM

YouTube videos connected to the #No More Bullies movement

http://www.youtube.com/watch?v=6JexB-QZL-4

http://www.youtube.com/watch?v=9yjE5Kt-mEE

http://www.youtube.com/watch?v=nu3kY9WDVfE

Risk(within)reason

(A project of Dr. Alissa Sklar, Ph.D.)

Website with tips, tools, and information for parents, educators and teens to set boundaries related to Internet and electronic media technology use, with a focus on high risk behaviours.

http://www.risk-within-reason.com

Kids Help Phone

A toll-free, 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. **1-800-668-6868**

http://www.kidshelpphone.ca/teens/home/splash.aspx

TEL-JEUNES

1-800-263-2266

http://teljeunes.com/accueil

Facebook's Be Bold Stop Bullying Canada

Facebook page dedicated to raising awareness of simple yet powerful actions that parents, teens, and teachers can take to stop bullying.

https://www.facebook.com/beboldstopbullyingca

Ami Québec

A Montréal-based organization that supports families of people suffering with mental illness.

http://amiquebec.org

Kids Are Worth It

Information for parents and teens on bullying, with resources available in English and Spanish.

http://www.kidsareworthit.com

Stand UP! to bullying!
(Anti-bullying programming and resources by the Family Channel)
Family and school ideas and resources to address bullying and violence.
http://www.family.ca/standup/index.php

National Association of School Psychologists
Numerous resources from a psychological perspective on bullying and how to deal with it if your child is being targeted, or is targeting others.
www.nasponline.org/resources/index.aspx

Behavior Problems: Bullies and Victims: information for Parents
http://www.nasponline.org/resources/handouts/revisedPDFs/bulliesvictims.pdf

Common Sense Media
Information and resources for educators, families and children on bullying and cyberbullying.
http://www.commonsensemedia.org/educators/parent-media-education

"That's so Gay Is Not Okay!"
(A project of the Committee for Children)
Article addressing some GLBTQ issues, and ideas on how to address them in the school context.
http://www.cfchildren.org/advocacy/bullying-prevention/thats-so-gay.aspx

Everything You Wanted to Know About Bullying
(A project of TVOntario – Parents)
Website covering a broad range of bullying topics and ideas for families to address this concern.
http://tvoparents.tvo.org/special/bullying-why-cant-we-stop-it?gclid=CN2R38aq_bQCFe5FMgodkFAAwg

Define the Line
(A project of Dr. Shaheen Shariff, Ph.D., of McGill University)
Website that provides clarifying information on the difference between cyberbullying and digital citizenship.
http://definetheline.ca/dtl/

Don't Laugh At Me
(A project from Operation Respect)
Music video for children focused on building respectful, safe and compassionate climates of learning for all students. Resources for parents and educators available as well.
http://www.operationrespect.org/index2.php

Stand Up! Be a Friend!
(A project from Bullying.org)
Website with ideas for administrators, educators, students, families and school professionals on Bullying Awareness Week and other ideas from the Bullying.org website.
http://www.bullyingawarenessweek.org/pdf/BAW_2006.pdf
Homepage: http://www.bullying.org

Pennsylvania Bullying Prevention Toolkit
(A project from the Center for Safe Schools)
Online resource for parents, educators and professionals serving children, young people and families.
http://www.safeschools.info/bullying-prevention/bullying-prevention-news/216-pennsylvania-bullying-prevention-toolkit

TASSI
An online community for teens to ask any question they want - completely anonymously.
http://www.tassi.ca/