

Anti-Bullying & Empathy

Websites and Resources for Parents

www.stopbullying.gov

<http://www.prevnet.ca/bullying/parents/parents-of-pre-school-children>

<http://www.prevnet.ca/bullying/parents/parents-of-elementary-school-children>

<http://www.prevnet.ca/bullying/parents/parents-of-adolescents>

<http://edu.gov.on.ca/eng/parents/safeschools.html#Parents>

<http://www.stopabully.ca/bullying-information.html>

<https://www.common sense media.org/privacy-and-internet-safety>

<https://www.fosi.org/good-digital-parenting/establishing-family-online-safety-contract/>

Bullying

- **Bullying is wrong and harmful.**
- **Bullying is a relationship problem** - Bullying cannot be addressed with "simple" solutions. Bullying requires relationship strategies that encourage respect and empathy for others.
- **Bullying is a community issue, we all need to play a part in addressing it** - Bullying Awareness Week is **NOT** about what others could or should be doing, but rather what **WE** can do.
- **Youth involvement and leadership is very important.**
- **Challenging and supporting potential bystanders or "silent majority" to not accept bullying behavior as normal**

Everyone has the right to be respected and the responsibility to respect others, in person and online!

What Can Parents Do

- Recognize the warning signs of bullying, being bullied, bullying others or witness bullying. Often times, children will not ask for help, so it is important to know what to look for.
- If your child is at risk of harming himself or others, get help right away.



- Learn what bullying is and what it is not. Many behaviours that look like bullying may be just as serious but may require different response strategies.



Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Be Aware of What Your Kids are Doing Online

- Talk with your kids about cyberbullying and other online issues regularly.
- Know the sites your kids visit and their online activities. Ask where they're going, what they're doing, and who they're doing it with.
- Tell your kids that as a responsible parent you may review their online communications if you think there is reason for concern. Installing parental control filtering software or monitoring programs are one option for monitoring your child's online behavior, but do not rely solely on these tools.
- Have a sense of what they do online and in texts. Learn about the sites they like. Try out the devices they use.
- Ask for their passwords, but tell them you'll only use them in case of emergency. Ask to "friend" or "follow" your kids on social media sites or ask another trusted adult to do so.
- Encourage your kids to tell you immediately if they, or someone they know, is being cyberbullied. Explain that you will not take away their computers or cell phones if they confide in you about a problem they are having.

Establish Rules about Technology Use

- Establish rules about appropriate use of computers, cell phones, and other technology. For example, be clear about what sites they can visit and what they are permitted to do when they're online. Show them how to be safe online.
- Help them be smart about what they post or say. Tell them not to share anything that could hurt or embarrass themselves or others. Once something is posted, it is out of their control whether someone else will forward it.
- Encourage kids to think about who they want to see the information and pictures they post online. Should complete strangers see it? Real friends only? Friends of friends? Think about how people who aren't friends could use it.

- Tell kids to keep their passwords safe and not share them with friends. Sharing passwords can compromise their control over their online identities and activities.



Encouraging Empathy

A crucial part of bullying prevention is teaching children about empathy. Modelling kindness and empathy within your own family is an effective way to prevent bullying because you are empowering children to use their power in a positive way to help others. Here are strategies you can practice within you own family to support this:

- Talk to your children regularly about their feelings.
- Have your children perform random acts of kindness and describe how they felt after completing each act. The purpose of this is to teach them to get in touch with their feelings. **We also want to encourage children to be kind because it is the right thing to do, not just because it makes them feel good or because they will get acknowledged for their kind act.**
- Have your children look for others doing random acts of kindness and have them describe how they think the other people felt.
- Identify your children' strengths and abilities and provide them with opportunities to use these skills to help others.
- When talking with children who have bullied, it is essential that you use your power appropriately and be constructive with your criticism. If you are modelling a power differential inappropriately, it will be difficult for them to develop healthy relationships.

Compiled by Riley Keast Mental Health Lead

Please see resources listed above.