

TIPS FOR CAREGIVERS

- Provide clear rules against aggression.
- Intervene when you observe unacceptable behaviour.
- Praise appropriate behaviour.
- Talk and listen to children. Encourage them to talk about their feelings and problems.
- Monitor television viewing. Encourage discussion about program content.
- Provide opportunities for children to join organized groups or clubs in which they can develop social skills.
- Be consistent with consequences such as loss of privileges for unacceptable behaviour.

ACTIONS TO TAKE AT SCHOOL

- Establish clear rules against bullying.
- Display school rules and policies that relate to harassment, discrimination and safety.
- Involve parents in establishing and maintaining a safe school.
- Hold regular class discussions about bullying, helping others, and rule keeping. Both sanctions and praise can be used to support the school's anti-bullying initiatives and policies.
- Hold regular class discussions about forms of bullying.
- Encourage reporting of bullying incidents.
- Teach conflict resolution strategies.
- Encourage students to help each other in cases of potential bullying.
- Provide consequences for inappropriate actions.



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Say NO to bullying



WHAT IS BULLYING?

Bullying is a form of violence. It may lead to serious forms of anti-social behaviour. Bullying may be physical, emotional, verbal. It may involve name-calling, ethnic slurs, teasing, taunting, threatening, hitting, stealing, extortion of money, assault, jostling, swarming, intimidation or tantrums.

IS BULLYING SERIOUS?

It certainly is. Many people think bullying or being bullied is just part of growing up. But children who are bullies often grow up to be abusive adults, or may become involved in violent crime. Some studies indicate that thirty to forty percent of children who have problems with aggression retain these problems as adults.

Violent behaviours interfere with a child's ability to develop social skills and learn.

WHO IS A BULLY? WHO IS A VICTIM?

It is crucial that people are not labelled as bullies or victims. Focus instead on behaviours, impact of actions and reactions. Almost anyone can engage in bullying or be subject to bullying.



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subject to bullying.**

HOW CAN BULLYING BE STOPPED?

Community and school partnerships can discourage bullying behaviours and provide proactive strategies to reduce these tendencies.

Parents and schools can teach listening skills, problem solving skills, and personal and social skills such as negotiation, conflict resolution and simple courtesy. Caregivers and teachers can model appropriate behaviour and self-discipline.

Children can be taught that bullying is not acceptable, and that consequences are in place. Support to students must be readily available.



SOURCES:

Globe and Mail: "School must engage the disengaged."
October 7, 1999
"Fighting terrorism in the schoolyard."
September 28, 1999

Toronto Board of Education:

"Bullying at School: Toronto in an International Context"
(report of a research study January 1991)
<http://www.ed.gov/offices/OESE/ACTGUID/findingl.html>
<http://www.ed.gov/pubs/AnnSchoolRept98/bullying.html>

RELATED RESOURCES:

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"B" is for Bully by Alan Gotlib, Alice Brass, and Brenda Hall. 1997. Toronto: Alan Gotlib Enterprises.

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Bullies Are a Pain in the Brain by Trevor Romain. 1997. Minneapolis: Free Spirit Publishing.

Daniel the Dinosaur Learns to Stand Tall Against Bullies: A Group Activities Manual to Teach K-6 Children How to Handle Other Children's Aggressive Behavior by Teresa M. Schmidt. 1996. Hazelden.

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