

# Let's STOP BULLIES!

A GUIDE FOR PARENTS AND OTHER ADULTS

## Dear Parent, Coach, Babysitter, Scout Leader...

**B**ullying is a serious and often underrated problem. It is not a normal part of growing up. It can make children feel frightened, sick, lonely and unhappy. Unfortunately, childhood bullies are more likely to develop anti-social behaviours.<sup>1</sup> Statistics show that 30% to 40% of children with aggression problems grow up to have problems with violence as adults. Some even commit crimes. It is important to stop bullying at a young age and create a safe and peaceful environment for everyone.



**Let's Stop Bullies!** is an activity book with many fun-filled exercises designed for young children, kindergarten through grade three. The story of the students at Beaver Valley School introduces a bully, students who support the bully by looking on and laughing, and a student who proposes to stand up to the bully by becoming a bully herself. Finally, the book features the interventions of the teacher Miss Tinker, New Brunswick's own **Buddy Beaver** and the **RCMP Safety Bear**, who remind everyone how to resolve the problem peacefully.

<sup>1</sup> Farington, D.P., 1993. "Understanding and preventing bullying." In M Tonry (ed.), *Crime and Justice*, 17. Chicago: University of Chicago Press

## Purpose of this guide

This guide is intended for parents, teachers, babysitters, or other caring adults who can help children as they complete their activity book. The information in the guide will help you recognize the signs of bullying and the dynamics of bullying situations. It will provide suggestions and strategies for both adults and children on how to help children who are being bullied and stop bullies. Please take the time to go over the material in this guide, listen and talk to your child about bullying. If you are working with a group of children, encourage them to help each other with the reading and writing. If a child encounters problems with the activities, try reading to him or her. You can also help by writing down what they say.

Reinforce the strategies in the activity book for dealing with bullies.

Take time to reflect on what happens in the story.

Relate personal experiences to those of the characters in the story.

Support the reading and writing activities.

Review the ways in which a child may help to stop bullies.

As you work through the book with children either individually or in a group, here are some key questions you might use to prompt discussions.

Have you ever met a bully?

Do you know someone who has been bullied?

What did they do? What did you do?

Have you ever acted like a bully? How do you think a bully makes the other person feel?

## BULLYING IS...

...the deliberate and persistent use of power by one person to hurt or reject another person. Bullying can be physical or verbal.

Bullying changes its form with age:

- Younger children's playground bullying often involves pushing, shoving, name calling teasing and isolation.
- Teenage bullying may begin to include sexual harassment, gang attacks, dating violence.
- Adult bullying may become assaults, marital violence, child abuse, workplace harassment, and senior abuse.

## BULLYING CAN BE ...

### Direct

- Threats
- Hitting, kicking, pushing
- Biting, hair pulling or spitting
- Taking or harming possessions
- Name calling or Teasing

### or Indirect

- Gossip
- Exclusion
- Shunning
- Saying or writing bad things

The National Crime Prevention Centre tells us that  
"with repeated bullying, the bully's dominance over the victim is established and the victim becomes increasingly distressed and fearful."

## Children reinforce bullies by...

- Cheering
- Laughing
- Passively watching
- Not speaking out against the behaviour
- Joining in on the name calling or pushing

Most bullying takes place in the presence of other children. Onlookers can influence the behavior of the bully. Research shows that when peers do intervene, they are effective in stopping the bullying.

## These may be signs that a child is being bullied...

- acts withdrawn or distressed
- does not want to go to school
- changes his or her route to school
- has unexplained injuries
- has nightmares
- regularly has his or her belongings go missing or damaged
- starts to do poorly in school
- has stomach aches or feels too sick to go to school

Most bullying takes place when there is little adult supervision. You may not

know about the problem because many children are too frightened or ashamed to tell an adult. If a child in your care continues to have these symptoms, be concerned and get help!

## Children who are being bullied can...

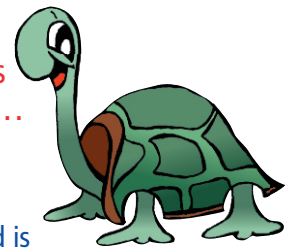
- Tell the bully to stop
- Walk away
- Ignore the bully by not reacting
- Walk with other children
- Ask an older boy or girl for help
- Ask a teacher or other adult for help
- Know where to go to be safe, like a **Block Parent** house
- Call the **Kids Help Line** to talk about it (**1-800-668-6868**).

## Other children can help by...

- Never standing by and watching.
- Never laughing when a bully is teasing someone.
- Standing up for a friend who is being bullied. Bullies do not like to be outnumbered.
- Calling an adult or older child to help.
- Including the bully in their activities. Remember bullies need friends. Try being kind.

## If your child is being a bully...

- Stay calm.
- Try to find out why your child is bullying.
- Talk about why bullying is wrong.
- Encourage your child to understand what it must feel like for the victims. (Many bullies do not understand how wrong their behaviour is and how it makes a child feel who is being bullied.)
- Praise your child for interacting in non-violent ways.
- Be a good role model. Never hit or bully your child for their misbehaviour. (He or she will only learn that force is acceptable. This will make the situation worse.)
- He or she may need help. If the problem is serious talk with the teacher or principal at your school or consider getting the help of a counselor.



## Parents and other adults can deal with bullying by...

### With the Child

- Encourage open conversation about this serious problem.
  - Listen and be supportive.
  - Take bullying seriously.
  - Explain that it is not his or her fault.
  - Increase supervision when a child reports bullying.
  - Talk about ways the child can stop the bullying (reinforce those found in the activity book page).

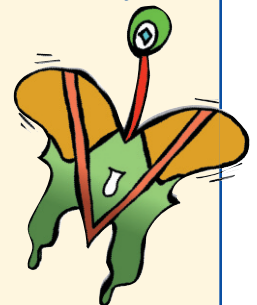
- Never encourage the child to fight back.
- Offer to talk to the bully's parents.
- Contact the appropriate authorities such as the school principal, or if necessary, the police.

### With the authorities at the school or a community agency

- Talk to the teacher, administrator or adults in charge to find ways to stop the bullying.
- Ask the teacher to ensure your child's safety at school.
- Encourage the school or community agency where your child goes to implement bully prevention policies and practices.

## Some characteristics of bullies include...

- tend to be aggressive and easily provoked
- believe that other children antagonized them and cause the problem
- have trouble understanding the feelings of others
- Boys tend to use physical force such as kicking, hitting, shoving, and threatening
- Girls are more likely to use indirect techniques such as gossip or exclusion



**LET'S STOP BULLIES!**

# THE ANTI-BULLY PLEDGE

## Take the Anti-Bully Pledge

The last activity in your child's **Let's Stop Bullies!** book is a promise and a badge. Take the pledge with your child, or the children in your care, and make your own badge to hang along side theirs.

**I will never call others names**

**I will never use my hands for hitting**

# RESOURCES

## For Children and Youth:

### Kids Help Phone (1-800-668-6868)

This service provides free, anonymous, confidential and non-judgmental counselling and support to people ages 20 and under. **Kids Help Phone** responds to questions and comments over the phone and online. The website also offers surveys and games for children and teens on a variety of topics, including bullying, school- and work-related stress, dating relationships, family violence and abuse.

[www.kidshelpphone.ca/Teens/Home.aspx](http://www.kidshelpphone.ca/Teens/Home.aspx)

### TeenCentral.net

This site is designed specifically for teens and offers interactive games, videos, stories and podcasts on bullying prevention. Also includes resources on other topics teens might be dealing with such as domestic violence, weight management, drug and alcohol abuse prevention and self esteem issues.

[www.teencentral.net/](http://www.teencentral.net/)

## For Adults:

### Bullying Prevention in Schools

This report, published by Public Safety Canada, provides the results of a study on the subject of school-based anti-bullying programs. It identifies best practices and practical applications of anti-bullying programs. Also includes an inventory of accessible anti-bullying tools and products and an overview of various anti-bullying programs funded by the National Crime Prevention Strategy.

[www.publicsafety.gc.ca/cnt/rsrscs/pblctns/blng-prvntn-schls/index-eng.aspx](http://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/blng-prvntn-schls/index-eng.aspx)

### WebAware

This site has information for parents on the topic of cyber-bullying. It includes facts on common uses of technology by children and teens, such as social networking and cell phone usage. Offers information on the challenges parents face when addressing the issue of cyber-bullying and internet safety. Also, offers safety tips for children and youth of various ages and suggestions for activities to help parents promote safe internet and social networking practices to their children.

[www.bewebaware.ca/english/cyberbullying.html](http://www.bewebaware.ca/english/cyberbullying.html)

### Bullying Prevention: Nature and Extent of Bullying in Canada

This report, published by Public Safety Canada, discusses the connections between bullying, delinquency and crime, the risk factors associated with bullying and effective methods for preventing and responding to bullying. Also includes statistics on bullying in Canada and an index of resources for adults and children.

[www.publicsafety.gc.ca/cnt/rsrscs/pblctns/blng-prvntn/index-eng.aspx](http://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/blng-prvntn/index-eng.aspx)

## For Everyone:

### Stand Up 2 Bullying (Canadian Red Cross)

This site includes definitions of harassment and bullying, discussion on people's rights and responsibilities when dealing with bullying behaviour, and tips for youth, parents and teachers. Also includes suggestions on how to stop cyber-bullying and information on the Canadian Red Cross' **Beyond the Hurt** anti-bullying program for youth.

[www.redcross.ca/article.asp?id=24746&tid=108](http://www.redcross.ca/article.asp?id=24746&tid=108)

### Prevnet.ca

This organization is made up of a network of researchers and organizations partnering to promote positive relationships and to eliminate violence for all children and youth. Their website contains facts and suggestions to help people in identifying and preventing bullying behavior. Downloadable exercises and videos for younger children, teens and adults are available free of charge, as well as a newsletter and statistics on bullies and victims of bullying.

[www.prevnet.ca/BullyingFacts/tabid/94/Default.aspx](http://www.prevnet.ca/BullyingFacts/tabid/94/Default.aspx)

### Centre for Youth Crime Prevention (YCPC)

This site is for parents and youth, as well as teachers and counselors. It has fact sheets and frequently asked questions on the subject of bullying, as well as internet safety and peer pressure at school. Offers downloadable presentations with scripts and facts to debunk common myths about bullying. This site provides Canadians with evidence-informed and age appropriate crime prevention messages, information, tools, and programs to prevent youth crime and victimization. Includes a section on bullying.

[www.rcmp-grc.gc.ca/cycp-cpcj](http://www.rcmp-grc.gc.ca/cycp-cpcj)

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