



Stop bullying!

Every single one of us can help create a kinder, more supportive school community. Educate your child about bullying and how to identify it.

Encourage open conversations:

- Check in daily with our children about their day at school and about they're feeling.

If you are unsure if your child is being bullied, here are some things to watch for:

- Child has a fear of going to school/increase absenteeism
- Having few friends in school
- Unexplained physical marks
- Being anxious or nervous
- Low academic performance
- Frequent missing or damaged personal items

Encourage your child to report bullying when they see it.



Build connection through conversation

Talking often with your child helps to strengthen your relationship and makes hard topics easier to talk about.

Ideas to show your child that you are someone they can talk to:

- Be curious about what is going on in their life. Try starting with:
 - *Tell me about something you found funny today.*
 - *What is something you're looking forward to?*
- Admit when you don't know the answer to a tricky question, find a trustworthy place to learn together.
- Keep conversations open and have a supportive attitude:
 - *Tell me more about that*
 - *I am here to talk whenever you need*

Listening is a powerful tool!

Adapted with permission from
Middlesex-London Health Unit