



# 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:
  - o *Tell me about something you found funny today.*
  - o *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:
  - o *Tell me more about that*
  - o *I am here to talk whenever you need*

Listening is a powerful tool!

*Adapted with permission from  
Middlesex-London Health Unit*



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