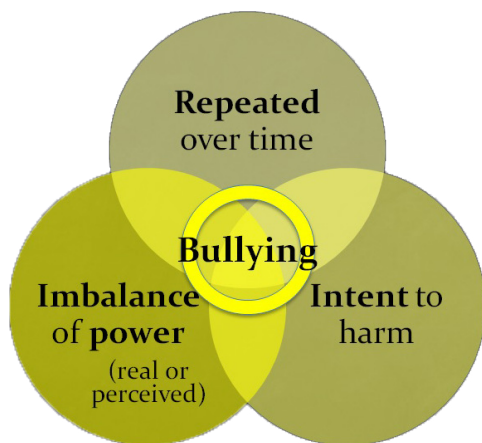




DEFINITION

Bullying is a pattern of repeated aggressive behaviour, with negative intent, directed from one person to another, where there is a power imbalance.

(Violence Prevention Works, 2013)



TYPES OF BULLYING:

- Physical Bullying;
- Verbal Bullying;
- Social Bullying;
- Electronic or Cyberbullying;
- Sexual Bullying;
- Other.

BULLYING...

- IS NOT a fact of life.
- IS NOT kids just being kids.
- IS NOT part of growing up.
- IS NOT an acceptable behaviour.

FOR MORE INFORMATION ON BULLYING:

What is Bullying? What does it look like? What are bystanders? What types of bullying are there?

- PREVNet: prevnet.ca
- CHEO: cheo.on.ca
- Canadian Red Cross (Beyond The Hurt): redcross.ca

SUPPORT FOR PARENTS:

- Parents' Lifelines of Eastern Ontario: 613-321-3211 | www.pleo.on.ca
- Ottawa Public Health: 613-580-6744 parentinginottawa.ca | etreparentaottawa.ca

*** Parents can also contact their child's school and/or school board to determine appropriate next steps:**

- Ottawa Carleton District School Board: ocdsb.ca
- Ottawa Catholic School Board: ocsb.ca
- Conseil des écoles publiques de l'Est de l'Ontario: cepeo.on.ca
- Conseil des Écoles Catholique du Centre-Est: ecolecatholique.ca

MENTAL HEALTH SUPPORT FOR CHILDREN & YOUTH:

- Child, Youth, and Family Crisis Line of Eastern Ontario: 613-260-2360 (24/7)
- Crossroads: crossroadschildren.ca 613-723-1623
- Youth Services Bureau: ysb.on.ca 613-260-2360
- CHEO's YouthNet: youthnet.on.ca 613-738-3915
- Centre psychosocial: centrepyschosocial.ca 613-789-2240

LGBTQ+ SUPPORT (Lesbian, Gay, Bisexual, Trans, Two-spirit, Queer & Questioning):

- Family Services (LGBTQ+ Around the Rainbow): familyservicesottawa.org
- CHEO'S Gender Diversity Clinic: cheo.on.ca/en/genderidentity
- Centretown CHC (Mental Health Counseling Program for LGBTQ+ youth ages 12-25): centretownchc.org
- Kind: kindspace.ca
- PFLAG (Support for Parents of LGBTQ youth): pflagcanada.ca

The Ottawa BULLYING Prevention Coalition

is bringing community stakeholders together to increase the capacity of community members to effectively and consistently Report, Support and Respond to bullying across Ottawa. Our vision is to create a safe, respectful and caring community that fosters healthy relationships for all.

Key partners include mental health experts, researchers, school boards, Ottawa Public Health, CHEO, Ottawa Police, Community members (Parents and Youth), Community Health and Resource Centres, and many others.

With support from Ottawa Public Health.

For more information on the OBPC, please contact :

Angela Lorusso

lorusso@wocrc.ca
613-591-3686 ext. 245

Follow us on Twitter @ottbullying



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

HOW TO REPORT

1. Make contact: Start with your child or youth's teacher/coach/etc.;
2. If this issue does not get resolved, go to the next level (principal/manager/supervisor);
3. Set up a meeting with the organization;
4. Bring facts in writing – include specific details;
5. Work on a safety plan with the organization;
6. Ask about bullying protocols and procedures;
7. If not adequately addressed, contact superintendent/trustee/director/etc.
– In serious bullying cases contact police;
8. Use supports outside the school (schools can help with referrals).

* Every effort should be made to work directly with those initially involved before moving to the next step.

WHO CAN HELP

- Schools/Community Resource Centres;
- Ministry of Education;
- Elected Officials;
- Ontario Human Rights Tribunal;
- Ontario Ombudsman (new mandate);
- Law Professionals;
- Ottawa Bullying Prevention Coalition.

Questions to ask when reporting

(Call it Safe, 2003)

- Who will look into your complaint and when?
- When will that person get back to you, and what information can you expect?
- How will the school, now that it is aware of the problem, keep your child safe while the problem is being investigated?
- How will your child's identity and privacy be protected to prevent retaliation?
- What services are available in the school or community should your child need emotional or psychological support?

HOW TO SUPPORT

THE TALK

When talking to your child/youth about bullying consider the following:

- How can I help my child stay safe?
- Does my child need help to stop bullying others?
- What information do I need?
- Who has the responsibility to take action?
- Where can I go for help?

QUESTIONS TO ASK TO SUPPORT YOUR CHILD:

- Is this a bullying situation?
 - Has this happened more than once?
 - Do you feel powerless?
 - Are you being hurt with words or actions?
- Can you work it out yourself?
 - Stay Safe;
 - Take Stand;
 - Build Connections.
- Do we need to tell another adult?
 - Keep telling until it stops.

CREATE A SAFETY PLAN WITH YOUR CHILD:

- Identify who they will check-in with/when;
- Identify safe places;
- Identify safe people and support networks;
- Explore other supports and resources.

FOR MORE INFORMATION ON BULLYING:

What is Bullying? What does it look like? What are bystanders? What types of bullying are there?

- **PREVNet**: prevnet.ca
- **CHEO**: cheo.on.ca
- **Canadian Red Cross (Beyond The Hurt)**: redcross.ca
- **OBPC Social Media**

 @ottbullying

 facebook.com/ottbullying

HOW TO RESPOND (intervention)

TIPS FOR PARENTS OF CHILDREN WHO ARE BEING TARGETED BY BULLYING BEHAVIOURS

- Validate your child's feelings and empathize;
- Teach your child how to take a stand;
- Enroll your child in a skills course (FRIENDS for Life – Resiliency);
- Model good relationships at home;
- Increase social interactions -hanging out with friends, walking home with someone;
- Avoid teaching aggression;
- Help your child. Adults must make it safe to report bullying;
- Intervene;
- Get the school involved – talk with school administrators and teachers;
- Access community-based support;
- Monitor what your child watches on TV.

TIPS FOR PARENTS OF CHILDREN WHO ENGAGE IN BULLYING

- Focus on the behaviour, not the child;
- Make sure positive feedback out-numbers negative 3-1;
- Explore ways of dealing with conflict;
- Examine your own behaviour -model healthy relationships and communication at home;
- Enroll your child in activities;
- Monitor your child's behaviour;
- Build empathy by teaching them to put themselves in someone else's shoes.

TIPS FOR PARENTS OF CHILDREN WHO MIGHT WITNESS

- Develop assertive skills;
- Encourage reporting bullying;
- Explain that by standing and watching you are encouraging the bullying.