

## “Bullying” & Effective Communication Strategies

Most children face situations where they are either being bullied or are bullying another. In these situations, supportive adults can guide all children involved by helping them build skills to navigate through the situation.

### Peer Conflict

A certain amount of disagreement and conflict is normal and expected for any group of people.

VS.

### Bullying

However, sometimes these situations are more than just peer conflict and become an act of bullying.

Some indicators of this may be:

- Imbalance of power
- Intent to harm
- Worsens with repetition over time
- Distress of the child or teen being bullied
- Threat of further aggression

You can help your child understand the difference by asking questions to talk through the scenario.

### Some questions you might ask:

- Did the child hurt you on purpose?
- Was it done more than once?
- Did it make you feel bad or angry?
- Did the child know you were being hurt?



Help prevent either of these situations from occurring by **helping your child develop healthy communication and critical thinking skills** to form healthy relationships.

### Some ways you can help your child learn to deal with conflict with friends:

- 1 Teach your child that it's ok to take some time to **cool down**.
- 2 **Talk through the situation** with your child first and encourage him or her to talk the situation over with the person he or she had the disagreement with to develop solutions.
- 3 Encourage **honesty**.
- 4 Remind your child to try to understand his or her **friend's perspective**.
- 5 Remind your child that it's ok to disagree, but to **respect other's opinions**.
- 6 Discuss the importance of **apologies and forgiveness**.



As a parent or caring adult, you can assist your child to find his or her own personal power in any situation. Some ways you can do this are:

## Feeling Special

- Celebrate your child's uniqueness, strengths and talents
- Teach your children the value of optimism
- Ask your child his or her opinions to show that it has value
- Promote value in trying new things and that the goal is not always to win

## Confidence

- Teach your child to counter self-critical thoughts with positive thoughts
- Help your child identify his or her unique strengths and abilities and build on them
- Help your child learn to set realistic goals
- Talk with your child about assertiveness

**Body Language.** When teaching your child about assertive communication, practice using body language to reinforce words. Teach your child these simple, non-verbal assertive strategies:

- Maintain eye contact
- Keep your voice calm and even
- Stand an appropriate distance from the other person
- Use the other person's name when speaking

## Effective & Safe Responses to Bullying:

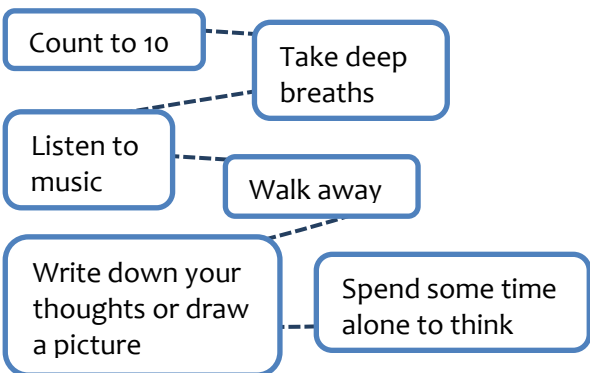
### Talking about it

- Be available for your child to talk to you
- Listen non-judgmentally
- Remind your child it is not his or her fault
- Praise your child for being brave enough to let you know about the situation

### Reporting it

- If you feel it is necessary, report the bullying to school personnel
- Develop a plan with your child and school personnel to resolve the issue
- Allow your child to be part of exploring solutions

## Some ways to deal with stress during conflict:



**Television.** Some popular TV shows seem to promote meanness — people are "voted off," shunned, or ridiculed for their appearance or lack of talent. It's important to talk with children about acceptable and unacceptable behaviours, and have discussions about what they may be viewing on TV and how this affects their judgement in their own situations.

## What are my values?

**Choose 5 words that stick out to you and write down 2 ways you support your family in building this.**

(If there are words that aren't listed in the image that are important to your family please choose your own and share how you build this in your family!)

1. Value: \_\_\_\_\_

I support my family in building this by:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

2. Value: \_\_\_\_\_

I support my family in building this by:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3. Value: \_\_\_\_\_

I support my family in building this by:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

4. Value: \_\_\_\_\_

I support my family in building this by:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

5. Value: \_\_\_\_\_

I support my family in building this by:

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

## Finding Strengths – Building Self-Esteem

**What are the strengths of your child(ren)? How do you as a parent build upon these strengths to help your child build confidence and work through other things he/she might find challenging?**

6. Strength: \_\_\_\_\_

I support my child(ren) by:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

7. Strength: \_\_\_\_\_

I support my child(ren) by:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

8. Strength: \_\_\_\_\_

I support my child(ren) by:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

9. Strength: \_\_\_\_\_

I support my child(ren) by:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

10. Strength: \_\_\_\_\_

I support my child(ren) by:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_