



## 5 WAYS TO PROTECT YOUR CHILD

Did you know that 25% of public schools report that bullying amongst kids happens on a **daily or weekly** basis and that 1 in 5 high school students report being bullied in the past year? The following strategies will help keep your children from becoming targets and stop bullying:

1. **Talk about it.** Talk about bullying with your kids and have other family members share their experiences. If one of your children opens up about being bullied, **praise him or her for being brave enough to discuss it and offer unconditional support.** Consult with the school to learn its policies and find out how staff and teachers can help address the situation.
2. **Remove the bait.** If it's lunch money or gadgets that the school bully is after, you can help prevent the situation by encouraging your child to pack a lunch or go to school gadget-free.
3. **Buddy up for safety.** Two or more friends together are less likely to be picked on than a child who is all alone. **Remind your child to use the buddy system** when on the school bus, in the bathroom, or wherever bullies may be about.
4. **Keep calm and carry on.** If a bully strikes, a child's best defence may be to **remain calm, ignore hurtful remarks, tell the bully to stop and simply walk away.** Bullies thrive on hurting others. A child who isn't easily ruffled has a better chance of staying off a bully's radar.
5. **Don't try to fight the battle yourself.** Sometimes talking to a bully's parents can be constructive, but generally best to do so in a setting where a school official, such as counsellor can mediate.