

# STOP BULLYING



## SAFE SCHOOLS NEWSLETTER FOR FAMILIES

### UPCOMING EVENTS

#### Bullying Awareness & Prevention Week November 19 – 25, 2023

Every November, schools throughout Canada take part in Bullying Awareness and Prevention Week. This is an opportunity to highlight the importance of healthy relationships in our school communities and to review steps that we can take together to stop bullying. The Toronto Catholic District School Board is rooted in the love of Christ. Through our Gospel values, we believe in the worth and dignity of every person, and that people thrive in a safe, healthy, and compassionate environment. We are all created in the image of God, deserving of love, dignity, and respect and all students need to feel safe, included and welcomed at school.

### What is Bullying?

Bullying is wrong! It is behaviour that makes the person being bullied feel afraid and uncomfortable.

- The behaviour hurts, humiliates, or harms another person physically or emotionally
- Those targeted by the behaviour have difficulty stopping the action directed at them and struggle to defend themselves
- There is also a real or perceived “imbalance of power,” either physically, socially, or emotionally

- There is a pattern of bullying behaviour, although bullying can occur in a single incident depending on its severity or the history of those involved

### What Bullying is NOT:

It is important to distinguish bullying from other unkind, mean, and harmful behaviour. Calling someone a name or pushing someone once, being rude or having an argument with someone is not bullying. Of course, these behaviours must be addressed but may have different responses and interventions, which is why the distinction is critical.

### Stop Bullying Before it Starts

Create a List of Responses with Your Child. Practice phrases your child can use to tell someone to stop hurtful behaviour. These should be simple and direct: **"Leave me alone."** **"Back off."** Role-play **"What If"** scenarios: You can role-play to help your child practise different responses until they feel confident handling troublesome situations. Keep an Open Line of Communication. Check in with your children every day about how things are going at school.

### When Should You Talk to the School?

Go in sooner rather than later. Call the teacher and set up an appointment. Topics to cover: “My child is coming home and talking about this.” “This is how it’s impacting my child.” Later, you can follow up and ask the teacher for an update. If the bullying

does not stop or is severe, you should speak with the principal.

## Resources for Families:

### Ministry of Education

The Ministry of Education's newly updated parent/guardian webpage offers valuable information and resources related to the prevention of bullying and cyberbullying.

[Bullying, we can all help stop it](#)

### PREVNet

PREVNet is a national research and knowledge hub that brings together researchers and national organizations to build research capacity, assess youth relationship issues including bullying and promote evidence-based programs for healthy relationships.

[PREVNet for Parents](#)

### Media Smarts

Media Smarts offers Blogs, Games, Tip Sheets, Guides and Workshops for families.

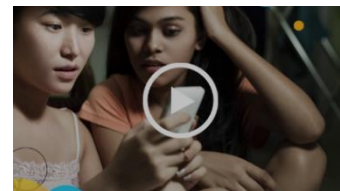
[Media Smarts for Families](#)

Here are two videos to assist parents and guardians in supporting their children's online activity.

One of the biggest concerns parents have about their children using online social networks is privacy. Take a look at this video to help protect your child's privacy and respect the privacy of others.



[Managing Excessive Social Media Use | The Parent Network: Social Media and Your Kids](#)



If you worry about how much time your children spend on social media and the potential impacts on their physical and mental wellbeing, please watch this video for helpful tips for managing screen time.

[Understanding Online Privacy | The Parent Network: Social Media and Your Kids](#)



### School Mental Health Ontario

It can be challenging to talk about mental health. Sometimes parents, like others, avoid the conversation because they don't know how to start or they worry that they may influence their child's thoughts and make things worse. Research tells us that this is not the case.

[School Mental Health Ontario - How to Talk to Your Child About Mental Health](#)



### Kids Help Phone (KHP)

KHP is not only for kids! They also offer resources for families that can be accessed in the link below.

[Kids Help Phone for Caring Adults](#)

KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone



# Bullying:

## We can all help stop it



Schools should be a place where students, staff, parents/guardians and the community all feel welcome. Bullying, in all its forms, is a serious issue that can affect students' learning, sense of safety and overall well-being.

Children may be reluctant or unsure how to talk about bullying.

Here are some signs to look out for:

- complaining of being sick on school days
- having disrupted sleeping or eating habits
- not joining social events with other students
- acting differently than they normally do
- seeming distressed after phone, text or social media contact with others
- suddenly losing money or personal items
- coming home with torn clothes or broken possessions

We all have a responsibility to stop bullying. We encourage everyone – students, parents, guardians, educators – to get involved with bullying prevention.

Visit [ontario.ca/stopbullying](https://ontario.ca/stopbullying) to learn more about bullying, what you can do if your child is being bullied, has witnessed bullying or may be bullying others.

### Bullying Awareness and Prevention Week

Did you know that Bullying Awareness and Prevention takes place annually starting the third week in November? During the week of November 19 to 25, 2023, we encourage parents and students to learn more about bullying and its effects on student learning and well-being.





# L'intimidation :

## nous pouvons tous contribuer à y mettre fin

Les écoles de l'Ontario doivent être des endroits où les élèves, le personnel, les parents, les tutrices et tuteurs et les membres de la communauté se sentent les bienvenus. L'intimidation et la cyberintimidation sous toutes leurs formes sont des problèmes graves qui peuvent avoir des répercussions sur l'apprentissage des élèves, leur sentiment de sécurité et leur bien-être général.

Les enfants peuvent être réticents à parler de l'intimidation ou ne pas savoir comment aborder le sujet.

Voici quelques signes à surveiller. L'enfant peut :

- se plaindre d'être malade les jours d'école
- avoir un sommeil perturbé ou changer fondamentalement ses habitudes d'alimentation
- refuser de participer à des activités sociales avec d'autres élèves
- agir différemment par rapport à ce qu'il fait d'habitude
- sembler en détresse après avoir communiqué avec d'autres personnes par téléphone, par texto ou par l'intermédiaire des médias sociaux
- perdre soudainement de l'argent ou des objets personnels
- rentrer à la maison avec des vêtements déchirés ou des affaires cassées

Nous avons tous la responsabilité de mettre fin à l'intimidation. Nous encourageons tout le monde – élèves, parents, tutrices et tuteurs, personnel enseignant, personnel scolaire – à participer à la prévention de l'intimidation.

Visitez le site [ontario.ca/nonalintimidation](https://ontario.ca/nonalintimidation) pour en savoir plus sur l'intimidation et sur ce que vous pouvez faire si votre enfant fait l'objet d'intimidation ou en est témoin ou s'il intimide d'autres personnes.

## Semaine de la sensibilisation à l'intimidation et de la prévention

Saviez-vous que la Semaine de la sensibilisation à l'intimidation et de la prévention a lieu chaque année la troisième semaine de novembre? Pendant la semaine du 19 au 25 novembre 2023, nous encourageons les parents et les élèves à en apprendre davantage sur l'intimidation et ses effets sur l'apprentissage et le bien-être des élèves.

