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These appendices are also available in PDF format at:

www.education.gov.ab.ca/charactered

Bullying Prevention Tips for Parents

Because children learn how to get along by watching adults ...

- Model appropriate ways of getting along with others: showing empathy for others, managing feelings, accepting differences and coping with peer pressure.
- Monitor your child's television watching. Discourage TV programs that model antisocial and aggressive behaviour.
- If your child witnesses violence on television, discuss the situation and help them understand the fictitious situation in relation to real life.
- When you get angry, use it as an opportunity to demonstrate and discuss appropriate ways to express anger without verbally or physically hurting others.

Because children learn by doing ...

- Help your child think of and practise quick verbal responses to use when peers are teasing or being verbally abusive.
- Teach your child how to stick up for herself or himself through assertive, not aggressive, behaviour.
- Encourage and expand your child's interests and abilities so they gain confidence in themselves.
- Involve your child in group activities that will enhance her or his interpersonal skills. Invite your child's friends to your home and help them identify interesting things to do. Children who are not actively engaged in positive activities are more likely to engage in negative behaviours, including bullying. Discuss with your child examples of bullying that he or she notices on TV, in video games, or in the neighbourhood. Talk about the consequences of this bullying.
- Teach your child problem-solving skills and acknowledge when he or she uses them.
- Help your child accept and celebrate individual differences.

This appendix adapted from British Columbia Ministry of Education and Ministry of Attorney General, *Focus on Bullying: A Prevention Program for Elementary School Communities* (Victoria, BC: British Columbia Ministry of Education and Ministry of Attorney General, 1998), pp. 29–30. Copyright © Province of British Columbia. All rights reserved. Reprinted with permission of the Province of British Columbia. www.ipp.gov.bc.ca

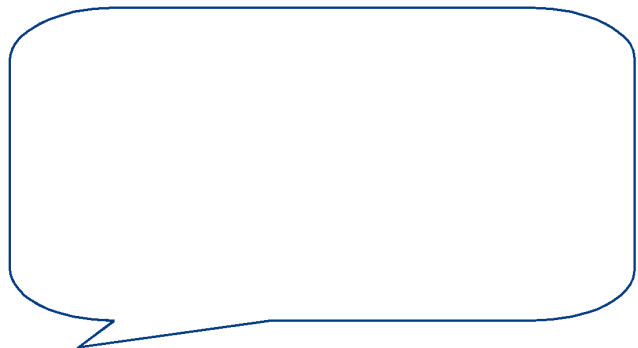
Because children need adults ...

- Ask your child about his or her relationships with friends and peers.
- Encourage your child to tell you or another trusted adult if she or he is bullied or sees another child being bullied.
- Keep lines of communication open. Encourage your child to always let you know where and with whom he or she will be. Get to know your child's friends.
- Intervene in bullying incidents. Make it clear to all the children involved that bullying is not acceptable. Ensure that those being bullied are safe.
- Inform school staff if your child tells you about bullying happening at school.
- Learn more about the topic of bullying and share your knowledge with your child. Check your local library and the Internet. There is a wealth of information for parents and children.
- Talk with other parents.
- Get involved in bullying-prevention efforts at your child's school.
- Foster your child's self-confidence. A strong sense of self-worth can be a good defence against being pressured or bullied by peers.
- Be alert to signs that your child is being bullied or may be bullying others, such as torn clothing, mysterious bruises, falling behind in school work, returning home to use the washroom, changes in behaviour (e.g., behaviour problems, lack of friends, reluctance to go to school). Talk with a school counsellor or teacher about your concerns.
- Talk to your child about what she or he is learning in school about bullying.

Student Self-reflection on Bullying Behaviour

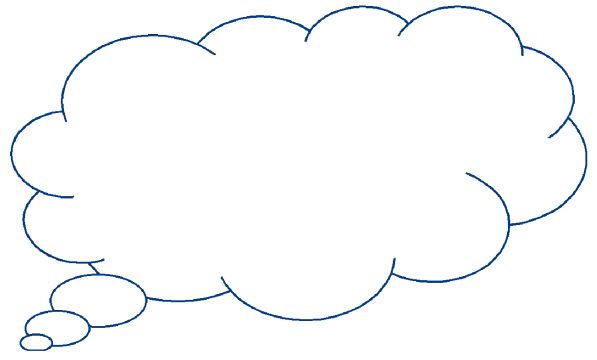
I need to reflect on how I treated _____.

This is what I said and did:



This kind of behaviour is bullying behaviour because

This is how _____ probably felt:



When other people bully me, I ...

I bullied him or her because ... _____

Here's what I need to do now:

Student signature: _____ Date: _____

Parent signature: _____

The Society for Safe and Caring Schools and Communities' Resources for Bullying Prevention

These resources are published by The Society for Safe and Caring Schools and Communities (formerly known as the Alberta Teachers' Association's Safe and Caring Schools Project). All of these resources can be purchased from the Learning Resources Centre (LRC), 12360 – 142 Street, Edmonton, Alberta, T5L 4X9; telephone 780-427-2767; fax 780-422-9750; Web site: <http://www.lrc.education.gov.ab.ca/>.

- **Preschool Bullying: What You Can Do About It – A Guide for Parents and Caregivers** (2000)
LRC Product Number 445347 / 24 pages
This booklet advises parents on what to do if their child is being bullied or is bullying others.
- **Bullying: What You Can Do About It – A Guide for Primary Level Students (K–3)** (1998)
LRC Product Number 445397 / 28 pages
This booklet contains stories and exercises to help children deal with bullies and to stop bullying others.
- **Bullying: What You Can Do About It – A Guide for Parents and Teachers of Primary Level Students** (1998)
LRC Product Number 445454 / 12 pages
This booklet contains tips to help teachers and parents identify and respond to children who are involved in bullying.
- **Bullying: What You Can Do About It – A Guide for Upper-Elementary Students and Their Parents (Grades 4–6)** (1999)
LRC Product Number 445321 / 16 pages
This booklet is directed at students who are the victims, witnesses or perpetrators of bullying, and their parents.
- **Bullying in Schools: What You Can Do About It – A Teacher's Guide (Grades 1–6)** (1999)
LRC Product Number 445339 / 10 pages
This booklet describes strategies that teachers can follow to stop bullying in schools.
- **Beyond Bullying: A Booklet for Junior High School Students (Grades 7–9)** (1999)
LRC Product Number 445470 / 13 pages
This booklet explains what students should do if they are being bullied or if they see someone else being bullied.

- Beyond Bullying: What You Can Do To Help – A Handbook for Parents and Teachers of Junior High Students** (1999)
 LRC Product Number 445488 / 18 pages
 This booklet defines bullying behaviours and suggests strategies that parents and teachers can follow to deal with it.
- Bullying is Everybody’s Problem: Do You Have the Courage to Stop It? – A Resource for Senior High Students (Grades 10–12)** (1999)
 LRC Product Number 445305 / Pamphlet
 This guide for senior high students defines bullying and provides advice on how to respond to it. It is sold in packages of 30.
- Bullying and Harassment: Everybody’s Problem – A Senior High Staff and Parent Resource** (2000)
 LRC Product Number 445496 / 12 pages
 This booklet advises parents and high school teachers on how to deal with bullying.
- Class Meetings for Safe and Caring Schools (K–Grade 12)** (1999)
 LRC Product Number 445587 / 20 pages
 This booklet explains how regular class meetings can help teachers and students work out conflicts before they become major problems.
- Anti-Bullying Curriculum Materials: Social Studies Grades 10, 11, 12** (1999)
 LRC Product Number 445553 / 81 pages
 Developed by Project Ploughshares Calgary, this booklet contains a series of exercises that teachers can use to incorporate the topic of bullying into the high school social studies curriculum.
- Toward a Safe and Caring Curriculum Elementary Curriculum Resource Binders** (1999, 2001)
 Kindergarten – LRC Product Number 445446 / 370 pages
 Grade 1 – LRC Product Number 445371 / 473 pages
 Grade 2 – LRC Product Number 445389 / 446 pages
 Grade 3 – LRC Product Number 445404 / 436 pages
 Grade 4 – LRC Product Number 445412 / 463 pages
 Grade 5 – LRC Product Number 445420 / 419 pages
 Grade 6 – LRC Product Number 445438 / 481 pages

Appendix G-3

This set of resources assists teachers in integrating violence-prevention concepts into all subjects in the Kindergarten to Grade 6 curriculum. Each resource is divided into five topics:

1. Building a Safe and Caring Classroom
2. Developing Self-Esteem
3. Respecting Diversity and Preventing Prejudice
4. Managing Anger and Dealing with Bullying
5. Working It Out Together.

- ***Toward a Safe and Caring Secondary Curriculum***
(online resource)

Web site address: <http://ata.iomer.com/Introduction/>

The general purpose of *Toward a Safe and Caring Secondary Curriculum* is to provide units, lesson plans and other resources that integrate safe and caring knowledge, skills and attitudes into all subject areas in the Alberta secondary curriculum. This resource was developed by Alberta teachers and has been field tested in classrooms throughout the province.