



3.6 FAMILY CONNECTION!

FAMILY MEMBERS READ THIS:

Your child is learning about bullying. Help your child by discussing bullying behaviours with them, as well as how they would like to be treated by others. Then help your child understand what bullying might look like outside school.

How to Spot Bullying Behaviours

BULLYING BEHAVIORS

REMEMBER THAT HARM IS

- Harmful
- Actions or words
- Repeated
- More than once to hurt or control others.

LET'S DO THIS!

Speak with your family member about bullying, behaviours associated with bullying, and how you would like to be treated by others. Ask your family member about their experiences with bullying and how bullying might look in places other than school.

After speaking with your family member, answer the questions below:

What did your family member tell you about their experiences with bullying?

What did your family member say are some other places where bullying might occur outside school?

If your family member was bullied, how did they handle it?



3.7 FAMILY CONNECTION!

FAMILY MEMBERS READ THIS:

Your child is learning how to respond to bullying and has learned five things they can do when being bullied. Help your child better respond to bullying in the future by talking with them about what they've learned and sharing your own thoughts and experiences.

Learning to Deal with a Bully

WHEN YOU THINK YOU ARE BEING BULLIED

REMEMBER THAT:

- bullying is **HARM**. **HARM** stands for **Harmful Actions** or words **Repeated More than once** to hurt or control others
- it is important to first calm down and breathe deeply. It's easier to think about what to do when you feel calm
- there are five ways to respond to bullying, including keeping calm. You can ignore the behaviour and walk away; travel with friends; get help from an adult; or send **Don't Bug Me Messages**.

LET'S DO THIS!

Share with your family member what you learned about **HARM** and the five ways you can respond to bullying behaviours. Then discuss with your family member any times in their life when they experienced bullying situations. Ask your family member to share how they responded.

Discuss how your family member responded to bullying situations in the past. Then answer the following questions:

What experiences did your family member share about bullying situations they have experienced?

How did your family member respond in those situations?

How could your family member have responded differently if they had learned about effective ways to deal with a bully before the bullying situation occurred?