



## 3.6 FAMILY CONNECTION!

### FAMILY MEMBERS READ THIS:

Your child is learning how to identify bullying behaviour and to distinguish between situations that are and are not bullying. At school, children learned that being able to identify bullying behaviour will help them build better relationships with others. Help your child practise identifying bullying behaviours by sharing your own experiences with bullying.

# Spotting Bullying Behavior

## WHEN IDENTIFYING BULLYING BEHAVIOUR

### REMEMBER THAT:

- bullying means **HARM**, or **Harmful Actions** or words **Repeated More than once** to hurt or control others
- learning to spot bullying behaviour is an important part of communicating appropriately in a situation
- bullying can sometimes be confused with normal conflict, misunderstandings, and accidental behaviour.

### LET'S DO THIS!

Talk with your family about how to identify bullying. Ask: Have you ever encountered bullying behaviour? How did you respond? Then ask them what can be done to make home a safe place to come to when a family member is feeling put down.

After talking with your family, answer the following questions:

Where have your family members encountered bullying behaviour?

How did your family members respond to the bullying behaviour?

What advice about bullying did they give to you?

What did they suggest doing to make your home a safe place to talk about being bullied?



**FAMILY MEMBERS READ THIS:**

Your child is learning how to respond to bullying. Support their learning by listening while your child explains the five responses to bullying that they learned. Help your child think of different bullying situations that they've experienced or heard about. Then work with them to practise the five responses.

# Learning How to Respond to Bullying

## WHEN FACED WITH A BULLYING SITUATION

REMEMBER THAT THE FIVE BEST WAYS TO RESPOND TO BULLYING ARE:

- taking a deep breath and calming down
- ignoring the behaviour and walking away
- getting help from an adult
- travelling with friends
- sending a What, Why, and How Message when a situation is safe and you know the person well.

### LET'S DO THIS!

Explain to a family member the five responses to bullying that you've learned.

Then share some bullying situations you can think of with the family member and practise some possible responses with them.

After talking with your family member, answer the following questions:

What are some of the bullying situations you and your family member thought of?

What responses did you suggest?

What responses did your family member suggest?

What did your family member think of your responses?