



3.6 FAMILY CONNECTION!

FAMILY MEMBERS READ THIS:

Your child is learning to respond to relationship conflicts by distinguishing between bullying behaviour and normal day-to-day conflicts. Help your child practise distinguishing between healthy and unhealthy conflict by talking with them about your own experiences and helping to foster an environment where family members feel safe sharing when they feel bullied themselves.

When It's Bullying and When It's Not

IT MAY BE BULLYING

REMEMBER THAT:

- bullying means **HARM—Harmful Actions** or words **Repeated More than once** to hurt or control others
- non-bullying behaviours include normal conflict, misunderstanding, accidental behaviour, and playful teasing
- responding to conflict in an appropriate way is an important part of building healthy relationships.

LET'S DO THIS!

Talk with your family members about their experiences with bullying. Ask: Have you or anyone else in the family ever been bullied? Find out how your family members were affected by the bullying and work with them to come up with a plan to deal with bullying in the future.

After talking with your family, answer the following questions:

What kinds of bullying experiences did your family members describe?

How did the bullying experiences affect your family members' lives?

How do you and your family plan to deal with bullying in the future?



3.7 FAMILY CONNECTION!

FAMILY MEMBERS READ THIS:

Your child is learning positive responses to bullying behaviour. Support their learning by talking with your child about the five responses to bullying that they learned. Share what you think about each response. Help your child apply them to situations that have happened in the past to you or another family member, and suggest how they might be helpful in the future.

Bullying Behaviour Responses

WHEN FACED WITH A CONFLICT THAT MAY BE BULLYING

REMEMBER THAT:

- bullying means **HARM**—Harmful Actions or words Repeated More than once to hurt or control others
- when deciding how to respond to bullying behaviours, the most important thing is to feel safe
- the five best ways to respond to bullying behaviours 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.

LET'S DO THIS!

Explain to your family member the five responses to bullying behaviours that you've learned. Then ask them to share an experience or two when they had to respond to a bullying situation. Together, discuss some possible responses they might have been able to use effectively.

After discussing what you've learned about bullying situations and how to best respond to them, answer the following questions:

What did your family member think about the responses you mentioned?

What bullying experience(s) did your family member share with you?