

CHILDREN, VIOLENCE, BULLYING

When a person tries to degrade, manipulate, control or humiliate a child using words or actions that frighten, physically hurt or upsets them, that person inflicts **violence** to the child by abusing their **power**. That's **bullying**.



We can do **prevention** with children in our daily actions. **How?**

- ◆ Talking with them about their **rights** and their responsibility to respect the rights of others;
- ◆ Taking their experiences and their **feelings** seriously;
- ◆ Believing in their **abilities**. This shows that you trust them;
- ◆ Focusing on their **strengths** and what they can do themselves to try and solve the problem.

Concerning Internet, take the time to explain to your child the importance of respecting not only their own private life but those of others as well, along with not revealing any personal information to anyone. If necessary, you **TRAC!**

TALK about the situation with a trusted adult.

RECORD the messages or pictures received.

AVOID the messages and block the undesirable contact.

COMMUNICATE the problem to the person in charge of the website or to the police.

Ask for help if you feel the need!

www.espacesansviolence.org

YOUR CHILD IS BEING BULLIED...

A few days ago, Valery threw a big fit like she sometimes does. But since then, she seems sad, she has lost her appetite and has nightmares. Something is definitely wrong!



You intuitively can feel it when your child is going through some stressful times. This stress can be caused by a new situation (moving, starting school, a new baby, etc.) or difficult moments in their life (exams, arguments, divorce, etc.). The reason for the stress could also be caused by the fact that they are being bullied. So what can you do?

- ◆ Create an atmosphere that will build trust and encourage your child to express their emotions without suggesting yours;
- ◆ Ask your child their ideas to solve the problem and how you can help.

That way, you are empowering your child towards this situation and making them feel like their opinion is important.

It is important that the child feels surrounded and encouraged. Avoid taking charge of everything and imposing your solutions. Have trust in your child: most of the times their ideas may help guide you... and even surprise you!



Pour une enfance
en sécurité et sans violence

450 692-5757 • espace.chateauguay@gmail.com

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