

# PARENTS CAN USE THEIR POWER IN A CONSTRUCTIVE MANNER

As adults, we all have power over children. Power being used in a constructive way, in daily actions, helps children to grow and prepares them to face different life situations.



## We show trust in our children every time we :

- ◆ Appreciate their good actions ;
- ◆ Help them fit in, take their place ;
- ◆ Acknowledge their ability to find their own solutions.

That way they can develop **confidence, autonomy, strength** and **affirmation**. A child that develops those abilities is less vulnerable towards violence and bullying.

**Trust yourself. You possess this strength that allows children to acquire the necessary abilities to face life in general.**

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## A LITTLE BIT EVERY DAY, PREVENTING VIOLENCE AND BULLYING

It is as important to talk about violence prevention as it is to talk about road safety or fire prevention.

**Why?** To give the child tools; reassure them on their abilities; show them your openness; assure them that you will be there to listen and support them.



### Successful way of doing things :

- ◆ Choose a time where you will have the full attention of the child (in the car, taking a walk, etc.);
- ◆ Take advantage of daily situations to talk to the child, for example, about good and bad secrets, about the kind of touches that makes them feel good or not;
- ◆ Start with short and simple information, adapted to the child's age, by stressing on the solutions instead of the dangers or fear.



Pour une enfance  
en sécurité et sans violence

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