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.

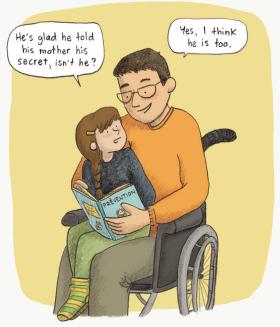
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A LITTLE BIT EVERY DAY, PREVENTING VIOLENCE AND BULLYING

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.





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