

HOW TO VERIFY YOUR DOUBTS ABOUT VIOLENCE AND BULLYING

Your child may not clearly express what is bothering them, but their behaviour screams « **I NEED HELP!!!** »

Take the first steps by talking to them about your concerns, all the while concentrating on their **NEEDS**.



The fact that you encourage your child to speak out shows them that you care about their wellbeing and that you are available to help them find solutions.

Despite your concerns :

- ◆ avoid harassing the child with your questions ;
- ◆ build a reassuring atmosphere ;
- ◆ show openness.

The child will feel all the respect that you give them and they will be more inclined to confide in you.

Ask for help if you feel the need!

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PUT YOURSELF IN THE POSITION OF THE CHILD THAT HAS TO PUT UP WITH A SITUATION OF VIOLENCE OR BULLYING

Even if the violence or bullying problem confided may seem small to you, tell yourself that **the experienced situation is important** for the child. When your child confides in you, give them the proper attention by helping the best way you can.

That feels so good.
It's as though I was carrying a huge weight on my shoulders and I just passed it on to you.



Try to imagine what your child wants to hear :

- ◆ « I think it's great that you talked to me about it and it was very brave of you to do so. »
- ◆ « You have the right to feel safe everywhere and at all times. »
- ◆ « Do you have any ideas on how to solve the problem? How can I help you? »
- ◆ « I love you and I always will. »

You can be proud! Listening to the child and believing in them, without passing judgement, is already doing a lot for them.



Pour une enfance
en sécurité et sans violence

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