

## Parents workbook

### THE ROLE OF PARENTS IN THE CONTEXT OF PREVENTION AGAINST BULLYING AND VIOLENCE

**A positive school climate and learning environment and safe education are essential for students to succeed in school.**

This guide aims to present our policy and draw your attention to the behavior expected of you and your child. (See also the student workbook and protocol: "your rights and duties") What requires attention to prevent violence and bullying and finally certain things that can help you and your child cope this phenomenon.

#### **What is bullying?**

The Ministère de l'Éducation defines bullying as follows:

"Any behavior, speech, act or deliberate act or not repetitive, expressed directly or indirectly, including in cyberspace, in a context characterized by unequal power relations between those involved, having the effect of generating feelings of distress and harm, injure, oppress or ostracize".

#### **The role of our school**

In order to meet its legal obligations to the prevention of bullying and abuse, l'École Montessori de Laval has a plan for prevention and intervention. We invite you to read it by requesting a copy to the Secretariat or consulting this document on our site ..

Our work is based on courteous, respectful of differences in everything to everyone to live better in society. We have a zero tolerance policy for students who bully, either in person or on the Internet / cell. We hope students realize the consequences of their actions; and why practicing acts of violence or intimidation, they face various sanctions including dismissal.

You as parents, the first to teach your children the values of respect and tolerance. Your cooperation is essential both to help a child victim and harasser allow a child to choose another behavior. Denying a problem does not solve, so

we need your collaboration to look at the facts and to intervene with your child by providing the necessary support, whether victim, witness or perpetrator.

**Bullying occurs in all social, cultural and economic contexts as many other forms of violence. It therefore is a complex phenomenon and its origins are multiple.**

**Bullying can take many forms.**

It may be also:

- Physical: hitting, shoving, theft or breakage of personal effects;
- Verbal or psychological: insults, threats, teasing or sexist remarks, racist, or homophobic;
- Social: rejection, exclusion from a group or spreading gossip and rumors;
- Sexual: harassment, touching, gestures and relationships against the will of a person;
- Electronics (commonly known as "cyber bullying") - spreading rumors and hurtful comments through email, cell phone, text messaging and social networking sites.

Although bullying takes many forms, all of the following criteria to determine if there is a question or not of intimidation:

- Inequality of powers;
- The intent to harm;
- The feelings of distress on the part of the student who is being bullied;
- Repetition of intimidation over time.

Bullying is aggression, not a trivial dispute between individuals. Thus, a stampede, a fight, an insult or an isolated threat is not necessarily bullying.

However, it is reprehensible acts that may require intervention.

Cyber bullying, for its part, is a type of bullying that is taking shape in the virtual world and which has certain specific features related to the medium used:

**Bullying can:**

remain anonymous;

occur anywhere and anytime;

take many forms within the cyberspace;

The ability to spread words and images is instant and unlimited.

- In front of a screen, the bully has even less restraint in his words as if he were facing his victim.

## **How to help my child deal with bullying and violence?**

By working with us to help your child stop bullying show the example and make clear message that bullying is wrong and that his termination is a brave and honorable gesture.

Whatever his age, you can help your child by encouraging them to talk and giving him the following advice:

- Exits intimidating scene.
- Do not make shots, do not answer, either verbally or by email.
- Explain what happened to an adult - a member of management or staff, a driver of the school bus, a supervisor or person in charge of intimidation file at school.
- Talk about it with your siblings or your parents so that you do not paths you alone.
- Find your Model a friend who agrees to stay with you when you do not feel safe.
- Phone Kids Help Phone at 1 800 668-6868 or visit their website at [www.jeunessejecoute.ca](http://www.jeunessejecoute.ca).

## **If my child has witnessed bullying, what to do?**

Everyone can help prevent intimidation. In most cases, these acts take place in the presence of witnesses. They avoid to intervene for fear of constituting a target or worsen the situation of the victim.

You can help your child understand that bullying is not acceptable and can help terminate in the reporting to an adult.

Here are some clues to look for:

Students who witness bullying can:

- Feeling anger or shame, guilt or helplessness;
- Be afraid of becoming a target or to be associated with the victim, the perpetrator or intimidating gesture;
- Be afraid of being considered informers

In some cases, this long-term effects similar to those observed in the victim;

- Help the bully actively participating in the attack (attacker active control);
- Help the bully being active spectators, laughing, encouraging (control active sympathizer);

- Press the bully indirectly by refusing to get involved or remaining passive (passive sympathizer control);
- Assist the victim by seeking help from an adult (indirect witness advocate);
- Assist the victim directly by coming to the bully (control live defender).

### **How do I know if my child is being bullied?**

Your child may not know what's "bullying", but he understands that a person is bad, hurt him, makes him sad or scared him. There you may be told not because he fears that "denounce" will make the situation worse.

Your pre-teen or teenager will not necessarily tell you either, and can speak of "harassment" rather than "bullying" to describe the behavior which he or she is a victim. Teenagers often prefer to resolve problems themselves, as they find embarrassing to involve a parent.

Even if your child does not speak of bullying, some signs are revealing. Instead of waiting he tells you, you can look for signs indicating that it is a victim of bullying as a change in behavior, attitude or appearance.

Here are some clues to look for:

Students who are bullied may:

- Seem more sensitive, shy, reserved and nervous than the others;
- Being perceived as different from the group for some aspects (attitudes and particular physical traits, cultural group, physical or mental disability, learning difficulties, etc.);
- Have a submissive or passive behavior or be brought to retire when they live a conflict;
- Have few close friends at school;
- Be-consuming, often seek to be close to the adult;
- Present injuries, pain, headaches or stomach;
- Arrive in class or come home with torn clothes and damaged items;
- View a sad, depressed or unhappy; demotivated towards school work, have lower academic achievement;
- Have a variable mood, feel anger, fear, shame, doubt, guilt;
- Present evidence of anxiety, loneliness, isolation, withdrawal, loss of confidence, loss of appetite, sleep disturbances;
- Being late, absent, leave school or take detours to get to school;
- To take refuge in a victim role, have suicidal thoughts or exhibit violent behavior.

Children bullied may not want to go to school, cry or get sick on school days. They can refuse to participate in activities or social events with other students. They can misplace money or personal items, go home with torn clothes or broken belongings and give inconsistent explanations. Teens bullied and harassed may also start talking about dropping out and avoid activities involving other students.

### **What if your child is being bullied?**

First, it is to stop bullying.

Here are some tips:

- Listen to your child and tell him/her he/she has the right to be safe.
- Establish the nature of the facts accurately. If you can, Write down what happened and when it happened.
- Help your child distinguish between "denounce someone" or "tell" and report incidents. Explain that report an incident requires courage and that it is not causing problems to another student, but to protect all students.
- Make an appointment with the person responsible for health and safety file against bullying and violence in our school.
- As hard as it may be, try to remain calm, so you can help your child and develop an action plan with him.
- Persevere. Monitor your child's behavior. Follow up on the measures agreed in meetings to end bullying.
- Contact the police if the bullying involves a criminal offense, such as assault or use of a weapon, or if your child is at risk in the community rather than the school.
- Thereafter, view rebuild self-esteem of your child and allow them to socialize and develop nicely.

We recommend you :

- To develop in the child's strengths and talents in order to develop self-esteem.
- To include the child in activities that will bring a better body image.
- To promote contacts with new friends.
- To further encourage methods that favor autonomy.
- Avoid to protect him, to solve the problem for him.
- To speak with teachers and management.

## Is it possible that this is my child who is bullying others?

This finding is not easy but it is possible.

Children who physically bully other students may go home with bruises, scratches or torn clothing. They may have more money to spend or be in possession of things they normally would not afford. They also risk "hard talk" of other students.

Children who bully sometimes do both at home and at school. Observe and listen to your children. Are there any signs that one of them is intimidated by his brother or sister?

Here are some clues to look for:

Students who bully others:

- have limited capacity to manage interpersonal conflicts, to express themselves and communicate.
- Have a tendency to interpret social information incorrectly, to attribute hostile intent to others and to perceive hostility where there is none.
- Have a strong need to dominate.
- Experiencing little remorse and have difficulty understanding the feelings of others and express compassion.
- Believe that aggression is the best way to resolve conflicts.
- Give a false image of insurance, self-confidence.
- To be eligible for an increase in the leading status "negative."
- are at risk of becoming dropouts.
- are at risk of developing long-term mental and social adaptation health problems (drug addiction, crime, domestic violence, etc.).
- Can develop better strategies and learn more appropriate behavior if the bullying situation is resolved quickly.

A child can adopt a bullying behavior over time or after a change, a loss or a major disappointment.

Many bullies say they have been bullied or rejected by their peers. Their behaviors are of the order, including, of revenge, of seeking pleasure or emotional release. Peer pressure is also a reason raised to engage in bullying. Other aspects - such as the age of the child, his level of cognitive and social development, its ability to understand the situation and challenges as well as its capacity for empathy - are to consider in determining whether it is or not of a situation of intimidation and to ensure adequate response.

Finally, a large number of students can become bullies, especially in a group situation. Indeed, bullying has an important social component, as the bully's actions have an impact on social relations of the victim. Bullying can also be powered by the interactions within a group.

### **What if your child bullies others?**

A good way to deter a child intimidate another is to give good example and to show him how to overcome the difficulties without exercising its power or resorting to aggression. In addition, it is essential to explain to children what constitutes bullying. You should describe the different types of bullying and explain that they are hurtful and dangerous. Let your child that bullying is wrong and unacceptable in all cases.

Take it seriously, it is important to empower your child deal with his behavior. Here are some actions you can take:

- Develop rules of conduct applied consistently and discernment.
- Learn to reinforce appropriate behaviors.
- Monitor friends.
- Participate with your child at leisure.

### **What now changes in the way schools treat bullying?**

The school now has a legal obligation to intervene. He must stop the inappropriate behavior or disrespectful that have a negative effect on school climate. This can be bullying, racist or sexist comments or vandalism. All staff, students and also parents must notify the school principal or the person in charge of the dossier, incidents that involve bullying or violence.

The person responsible will receive the complaint and will investigate. It will include whether:

- a) The nature of the activity that has prejudiced the student with a meeting with the student or the student and his parents;
- b) The injury suffered by the student;
- c) Measures taken to ensure the safety of the student.

Once the student victim safety, it also communicates with parents of perpetrators and inform them of the following:

- a) The nature of the activity which the child was involved;
- b) the harm done;
- c) Measures taken to ensure that the behavior stops;
- d) The disciplinary measures to be imposed if any.

In case she deems important, Management also communicates with parents of children who have witnessed acts of intimidation or violence.

In any case, the matter is treated with the utmost confidentiality. The objective is to stop the actions and not to advertise about abusers.

The institution will respond within 24 hours to any application for protection emanating from the filing of a complaint, to meet with the student and parents and make immediate corrective measures.

The institution agrees to follow within 5 days to any request for investigation of a problematic situation.

At all times, the complainant or his parents may contact the person responsible for this dossier Ms. Annie Turcotte, preschool teacher at ..... or on the school website in the section contact us.

## References

This document was built from two main documents that includes:

L'intimidation, essayons d'y mettre un terme, Ministère de l'Éducation de l'Ontario, Printemps 2011, <http://www.edu.gov.on.ca/fre/parents/bullying.html>.

*L'intimidation, ça vaut le coup d'agir ensemble!*, Plan d'action pour prévenir et traiter la violence à l'École 2008-2011, Ministère de l'Éducation du loisir et du Sport du Québec, <http://www.mels.gouv.qc.ca/violenceEcole/>.

Fondation Jasmin Roy, [http://fondationjasminroy.com/index\\_ressources.html](http://fondationjasminroy.com/index_ressources.html).