

# Bullying and violence prevention

## Ideas for parents

- 1. Take an active role in your child's school.** Get to know your child's teachers and other members of the staff, as well as the code of conduct for the school.
- 2. Act as role models.** Resolve conflicts positively and manage anger without violence.
- 3. Listen to and talk with your children regularly.** Create opportunities for two-way conversations.
- 4. Set clear expectations for your child's behaviours.** Explain that bullying and violent behaviour is not acceptable under any circumstances.
- 5. Communicate clearly on the issue of bullying and violence.** Listen to your child's ideas and concerns.
- 6. Help your children learn how to examine and find solutions to problems.** Children who know how to approach a problem and resolve it effectively are less likely to be angry, frustrated, or violent.
- 7. Discourage all name-calling, putdowns and teasing.** Verbal aggression and intimidation is hurtful and may lead to future physical violence.
- 8. Insist on knowing your child's friends, whereabouts and activities.**
- 9. Reinforce school policies and rules** that help create and sustain a safe place for all students to learn.
- 10. Support school and community initiatives** that address bullying and violence prevention.
- 11. Monitor your child's use of the internet, TV and video games.** Limit those which contain violent and aggressive behaviour.
- 12. Safeguard your children from potential weapons in your home.**

