

How to help children deal with bullying

- Listen to what your child tells you and encourage open conversation
- Help your child find a support network, including trusted family members and school staff
- Practice appropriate responses with your child so they are prepared to respond appropriately
- Build your child's self esteem by encouraging them, participating with them in activities they enjoy, celebrating their accomplishments and commending their good efforts
- Be a positive role model for your child by showing them you care for others
- Seek additional support for your child when it is needed



Boys & Girls Club
of Airdrie



CommunityLinks

For more support and information visit www.prevnet.ca