



-This year's Anti-Bullying Day in Canada is on Wednesday, February 23, 2011

-It originally started as a protest against a bullying incident at Central Kings Rural High School in Nova Scotia

-“Pink Shirt Day” participants are asked to wear pink to symbolize a stand against bullying

## Quick Stress-Busting Ideas

-Take Control of your life. While you may not be able to change everything, notice the things you can change. Accept the things you can't do anything about, and don't worry about them.

-Do a Little Something: When you are feeling tired and discouraged and don't want to do anything, look for a small job.

-Be Patient: Some problems solve themselves with time. Eventually children outgrow diapers. They get past teething. The rain stops and the sun comes out. Work on the things you can change. Be patient with things that take time.

## Parent Response To Bullying

The following is an article for parents when dealing with children involved in bullying. This article is provided by PPC Canada's online resource library. (By National Youth Violence Prevention Resource Center. Public Domain)

### If Your Child Is Being Bullied

First, listen to your child. Just talking about the problem and knowing that you care can be helpful and comforting. Make sure your child knows you do not blame or feel disappointed in him or her. Ask your child what he or she thinks should be done. What has your child tried? What worked and what didn't?

Encourage your child not to retaliate against the bully or to let the bully see how much he or she has upset your child. Getting a response just reinforces the bullying behaviour. Tell your child that if at all possible, he or she should stay calm and respond evenly or firmly (e.g., "I don't like your teasing and I want you to stop right now" or "Stop doing that now. If you keep on, I'm going to report you to the principal."). Some children find it works to just say nothing and walk away. At other times, it can be more effective to make a joke, laugh at oneself, or to use humour to defuse the situation. Brainstorm with your child to develop some effective re-

sponses. Then role-play different approaches and responses with your child so that he or she will be prepared the next time.

Encourage your child to go immediately to a teacher, principal, or other nearby adult if he or she feels seriously threatened.

You may also want to help your child to develop strategies to avoid situations where bullying can happen and to avoid being alone with bullies. If bullying occurs on the way to or from school, your child may want to take a different route, leave at a different time, or find others to walk with. If bullying occurs at school, your child may want to avoid areas that are isolated or unsupervised by adults, and stick with friends as much as possible.

Encourage your child to form strong friendships. A child or teen who has loyal friends is less likely to be singled out by a bully, and they can be valuable allies if your child is targeted. If your child lacks friends, help him or her to develop more friendships. Encourage your child to participate in positive social groups that meet his or her interests, such as after-school groups, extra-curricular activities, sports teams or church groups. In addition to helping your child make friends, these activities can help to develop

your child's special skills and rebuild his or her self-confidence.

In many cases, bullying won't require your involvement. If the bullying is persistent and is harming your child's emotional health, you need to intervene by talking to your child's teacher, school counsellor, or principal about the problem in order to make sure your child is safe, that effective consequences are applied toward the bully, and that monitoring at school is adequate. Advocate for the involvement of the bully's parents. Suggest that the school implement a comprehensive anti-bullying program.

### If Your Child Is Bullying Others

If you learn that your child is bullying others, sit down and talk with your child immediately. It is important to take the problem seriously, because children and youth who bully others are at a greater risk for serious problems later in life. Give your child an opportunity to explain his/her behaviour, but do not accept any excuses or justifications. Make it clear that bullying will not be tolerated and outline the consequences for further unacceptable behaviour. If the problem is occurring at school, tell your child you support the school's right to punish him/her if the behaviour persists.

## Bullying (Continued)

Encourage your child to try to understand how the bullying feels to his/her victim. Bullies often have trouble empathizing with their victims so it is important to discuss with your child how bullying feels. How would your child feel if it happened to him/her? If you or someone close to you has been bullied in the past, you might want to share the story with your child, discussing the emotional impact.

Increase your supervision of your child's activities and whereabouts, and know with whom your child is spending time. Make an effort to observe your child in one-on-one interactions. Stop any show of aggression immediately and help your child find other, nonviolent ways of reacting to certain situations. Praise and reinforce appropriate behaviours.

If the bullying continues, you need to seek help for your child. Without intervention, bullying can lead to serious academic, social, emotional and legal difficulties. Talk to your child's paediatrician, teacher, principal, school counsellor, or your family physician. If the bullying continues, a comprehensive evaluation by a child and adolescent psychiatrist, psychologist or other mental health professional should be arranged. The evaluation can help you and your child understand what is causing the bullying and help you develop a plan to stop the destructive behaviour.

## A Healthy Sleep Style

*Adapted from 2003 National Sleep Foundation ([www.sleepfoundation.org](http://www.sleepfoundation.org))*

1. Keep a regular sleep schedule
2. Avoid caffeine
3. Avoid nicotine
4. Avoid alcohol
5. Don't eat or drink too much close to bedtime
6. Exercise at the right time promotes sleep
7. Use relaxing bedtime rituals
8. Create a sleep promoting environment
9. Associate your bed with sleep and sex only
10. Limit sleep time in bed



**If you have sleep problems...**

Use a sleep diary and talk to your doctor. Note what type of sleep problem is affecting your sleep or if you are sleepy when you wish to be awake and alert. Try these tips and record your sleep and sleep-related activities in a sleep diary. If problems continue, discuss the sleep diary with your doctor.

**Have a question, or need some support? Call us at**

**1-800-663-9099**



## 9 Things You Can Do to Have a Healthy Relationship

*Adapted from Child Welfare Information Gateway*

It takes work to have a healthy relationship but it is possible. Just like good nutrition and regular exercise can help you have a healthy body, there are things you can do to have a healthy relationship. Here are 9 tips you can use to strengthen your relationship:

1. Spend time with each other
2. Learn to negotiate conflict
3. Show respect for each other at all times
4. Explore common interests
5. Forgive each other
6. Look for the best in each other
7. Explore intimacy
8. Create a spiritual connection
9. Improve your communication skills