

## Everyone has a responsibility:

Parents

Children and siblings

Extended family

Staff of child care centres, preschools  
and recreation programs



# Stop **bullying** **before** it starts

## We can prevent bullying before it starts



For more information call  
The Grey Bruce Health Unit  
519-376-9420  
1-800-263-3456  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)



Our **children** are our **future...**  
Let's Invest **Now**

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<sup>1</sup> Craig, W, Peters, R. and Konarski, R. (1998). *Bullying and victimization among Canadian school children*. Human Resources Development Canada.

<sup>2</sup> Perren, S. & Alsaker, F. (2006). *Social behaviour and peer relationships of victims, bully-victims, and bullies in Kindergarten*. *Journal of Child Psychology and Psychiatry* 47(1):45-57.

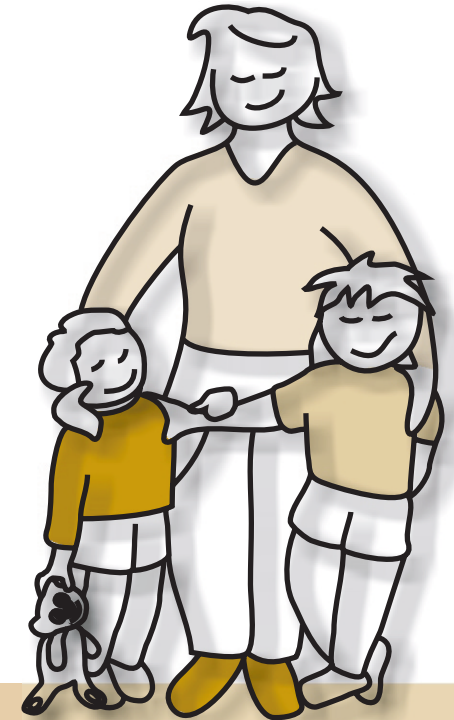
<sup>3</sup> Farrell, A. (1999). *Bullying: A case for early intervention*. *Australia and New Zealand Journal of Law and Education*, 4(1):40-46.

Do we really want them to work it out for **themselves**?



Or...

Do they need us to be **involved**?



Did you know?

- Bullying is any negative action performed repeatedly by one or more children with the intention of hurting another child and resulting in an imbalance of power.
- Research has shown that by 4-6 years of age, 14.4% of Canadian boys and 9.4% of Canadian girls had bullied others.<sup>1</sup>
- Research suggests that efforts to prevent bullying should begin in early childhood when children normally learn to control aggression.<sup>2,3</sup>



Step in...

#### 5 ways to get involved to put a stop to bullying before it starts

1. **Model** the kind of behaviour you would like to see in your children.
2. **Praise** positive social behaviour right away.
3. Help your children **learn the words** to express their feelings and in turn learn how others are feeling. Once they can identify the feeling ask them what they could do to make things better, in this way they will learn empathy.
4. **Monitor** television viewing and video games. Teach your children to question what they see.
5. Give children a chance to speak and be heard. When conflict arises, **involve them in the solution.**