



Wherever children get together to play, go to school or do activities bullying can happen.



For more information on bullying, see:  
[www.tbaycounselling.com](http://www.tbaycounselling.com)  
[www.childrenscentre.ca](http://www.childrenscentre.ca)



## Help for Bullying

By talking to your child about bullying you can help to reduce this serious problem. Without help bullying can result in serious life long problems for both the victim and bully.

In most types of bullying, a victim, bully and bystander are involved. As parents and community members we can educate our children about the importance of treating each other with kindness and respect. Parents, educators and community members can also be role models to teach children how we should treat each other.

### Things You Can Do

#### If your child has been bullied:

- Talk to your child about bullying
- Take any allegations of bullying seriously
- Be there for your child
- Don't ask too many questions
- Ask your child to tell you about it
- Gather the facts
- It is not their fault as the blame belongs to the bully
- Explore some solutions and options that will not make the situation worse
- Ask your child how you can help
- Explain that you will need to talk to school staff
- Give your child lots of positive strokes

#### If your child is a bully:

- Discipline your child immediately
- Create opportunities for your child to do positive things
- Teach your child empathy
- Teach the skills needed to develop friends
- Closely monitor your child's TV viewing, video game playing, computer activities, and music
- Involve your child in constructive, entertaining, and energizing activities
- Teach your child to speak and do the right thing even at a personal cost



Help for  
**Bullying**



## Where to Find Help

<b>Children's Centre</b> 283 Lisgar St., <a href="http://www.childrenscentre.ca">www.childrenscentre.ca</a>	<b>343-5000</b>
<b>Dilico Anishnabek Family Care</b> 200 Anemki Pl. <a href="http://www.dilico.com">www.dilico.com</a>	<b>623-8511</b>
<b>Thunder Bay Counselling Centre</b> 544 Winnipeg Ave. <a href="http://www.tbaycounselling.com">www.tbaycounselling.com</a>	<b>684-1880</b>
<b>Catholic Family Development Centre</b> 380 Dufferin St. <a href="http://www.catholicfamilycentre.ca">www.catholicfamilycentre.ca</a>	<b>345-7323</b>
<b>Thunder Bay Indian Friendship Centre</b> 401 Cumberland St. N.	<b>345-5840</b>
<b>NorWest Community Health Centres</b> 525 Simpson St. <a href="http://www.norwestchc.org">www.norwestchc.org</a>	<b>622-8235</b>
<b>Anishnawbe Mushkiki</b> 29 Royston Ct. <a href="http://www.anishnawbe-mushkiki.org">www.anishnawbe-mushkiki.org</a>	<b>343-4843</b>