



Bullies!

Bullying seems to be a frequent topic in the news. We hear many stories of children being bullied, on the playground, the bus, in social situations, online. If you are like Adele and me, you worry about your child's ability to fit in and find a group of friends who get along....most of the time at least. In my house, we call them good and true friends. They were the friends who were loyal, and didn't set out to purposefully hurt one another with their words or actions.

I was recently working in a school. A child came to me to tell me that they were being bullied. When I talked to the child, it seemed that in this situation, they used the word bully to mean that the other child did not want them to play that day on the playground. Is that bullying? In another situation, the complaint about a bully not only included another child excluding the child, but excluding them often and encouraging others children to exclude them. Is that bullying? It can be very complex. Here is a definition from the Kid's Health Organization (<https://kidshealth.org/en/teens/bullies.html>) that is helpful:

"Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing."*

What about bullies? We don't want our children to be "bullied" but we don't want them to be the bully, either. Knowing what we want for our children is essential here. How do we help them to learn to create boundaries and protect themselves from others who say hurtful things, know when to tell an adult, and get the support they need to deal with issues? To be a good and true friend? To find a good and true friend? And to add to the complexity of this issue, you may have a child who does not always understand ways to make good and true friends or how to explain in words what they are feeling or experiencing.

What skills do we need to build in our children? How do we keep lines of communication open with them to make sure that we can assist them when it is needed? Although there are no simple answers, knowing yourself and your child are essential.

At Advocate Like a Canadian, we believe that we have to understand, and be fully present with our child as we hear what our child is saying, and know our values as our compass to our next step. You need to know yourself, your child and the context!

Being able to navigate the ups and downs of a busy home with a special child is a parenting super power that we will be teaching in our FREE webinar: Five Steps for Advocating Like a Canadian.

We welcome your email to let us know that you want to be placed on our waiting list for this and our program: How to Advocate Like a Canadian.

We welcome your email with suggestions and feedback. If you want to be placed on our waiting list for this program and our program: How to Advocate Like a Canadian Parenting Program, please send us an email at <mailto:advocatelikeacanadian@gmail.com>.

More resources of interest to parents, about bullies and bullying.

A great, short video about how to help your child with bullying:

<https://www.parents.com/kids/responsibility/talking-to/how-to-talk-to-kids-about-bullying/>

Great for younger children:

<https://kidshealth.org/en/kids/bullies.html>

Great for older children/Teens:

<https://kidshealth.org/en/teens/bullies.html>

Helping your child, if they are the bully:

<https://www.parents.com/kids/problems/bullying/when-your-child-is-the-bully/>