

CAREGIVER RESOURCES

BULLYING & BOUNDARY-SETTING



Scan me!

YOUR CHILD IS LEARNING

- Analysing body criticisms
- Complimenting peers
- Body appreciation and positive self-image
- Recognising abusive situations
- Help-seeking behaviours
- Identifying 'red flags'
- Boundary-setting with peers

DID YOU KNOW?

Your child is learning about supporting others through trauma.

Did you know over 70% of our population unfortunately experience at least one traumatic event in their lifetime? It can be difficult for your child to know how to support a friend or loved one going through a really difficult time. However, role-playing a variety helpful strategies now will allow them to feel more comfortable if the situation presents itself in the future.

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
<p>Family Discussion: Think about how you interact with others on social media. What are the impacts and risks of negatively commenting on other people's bodies online?</p>	<p>Journal entry: Make a list of <u>at least</u> ten things you LOVE about your body and the way you look. Add to your list throughout the week as you think of more!</p>	<p>Brainstorm ideas with your family of how you can speak up immediately and seek help when you notice abusive or harmful situations. Why should we speak up, instead of ignoring?</p>	<p>Ask your family to sit together in a circle. Take turns sharing an example of a 'red flag' signal that you might get when someone is crossing a personal boundary.</p>	<p>Journal entry: Share an example of a time you set a boundary or a time you wish you had set a boundary. How is setting a boundary helpful?</p>