

CAREGIVER RESOURCES

BULLYING, ACCOUNTABILITY & EMPOWERMENT

Scan me! 



YOUR CHILD IS LEARNING

- Understanding & defining bullying
- Stopping the cycle of hurt
- Changing negative thoughts into positive thoughts
- Setting and maintaining boundaries
- Encouraging and motivating peers
- Understanding the power of empathy

DID YOU KNOW?

Your child is learning about the power of positive thoughts.

Did you know that thinking positive thoughts and using positive self-talk has been scientifically proven to significantly reduce stress, lower fatigue, and improve the body's overall immunity? Positive thinking is so powerful, but takes consistent practise before experiencing results. Encourage your child to start and end each day with at least one positive statement about themselves. Then, model doing this same positive thinking strategy about yourself, too!

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
Journal Entry: Have you ever had an experience with bullying? How can you interrupt the hurt cycle, even if someone is being unkind to you?	Challenge yourself to say five positive thoughts to yourself each day this week. Reflect: Why are positive thoughts so powerful?	Discuss together as a family: Why is it so hard to take ownership of ourselves and our own behaviour? How can we make positive changes to our behaviour?	Journal Entry: When was the last time you set a boundary and how did it help you feel comfortable in the relationship?	Personal Challenge: How can you try self-reflection this week? How might it help you grow?