

# Bullying and violence prevention Ideas for parents

1. **Take an active role in your child's school.** Get to know your child's teachers and other members of the staff, as well as the code of conduct for the school.
2. **Act as role models.** Resolve conflicts positively and manage anger without violence.
3. **Listen to and talk with your children regularly.** Create opportunities for two-way conversations.
4. **Set clear expectations for your child's behaviours.** Explain that bullying and violent behaviour is not acceptable under any circumstances.
5. **Communicate clearly on the issue of bullying and violence.** Listen to your child's ideas and concerns.
6. **Help your children learn how to examine and find solutions to problems.** Children who know how to approach a problem and resolve it effectively are less likely to be angry, frustrated, or violent.
7. **Discourage all name-calling, put downs and teasing.** Verbal aggression and intimidation is hurtful and may lead to future physical violence.
8. **Insist on knowing your child's friends, whereabouts and activities.**
9. **Reinforce school policies and rules** that help create and sustain a safe place for all students to learn.
10. **Support school and community initiatives** that address bullying and violence prevention.
11. **Monitor your child's use of the internet, TV and video games.** Limit those which contain violent and aggressive behaviour.
12. **Safeguard your children from potential weapons in your home.**

