

PINK SHIRT DAY

FEB 28, 2024

Pink Shirt Day, on February 28, 2024, is a day of promoting kindness and acceptance toward ourselves and others, and helping spread awareness about bullying prevention in our schools and communities.



TYPES OF BULLYING

PHYSICAL

- Hitting
- Kicking
- Punching, etc.

VERBAL

- Name calling
- Insults
- Teasing, etc.

CYBER

The use of computers, smartphones or other devices to mock, embarrass, hurt, threaten, or be mean to someone online.

SOCIAL AND EMOTIONAL

Behavioural actions which harm a child or teen's reputation or cause humiliation.

- Lying and spreading rumours
- Mean jokes to embarrass someone
- Social exclusion

1 100 000

CANADIAN YOUTH REPORT BEING BULLIED
ONCE PER WEEK.

TIPS FOR PARENTS & CAREGIVERS

IF YOUR CHILD IS BEING BULLIED

- When your child comes to you with a problem, acknowledge their feelings, accept they are feeling left out or mistreated and offer to work on a solution together.
- Talk about healthy coping skills and characteristics of healthy relationships i.e. trust, honesty, respect, etc.
- Model healthy relationships (especially between parents/caregivers).
- Teach children about assertiveness and role play from a young age on how to stand up for yourself.
- Advocate for your child at school. Make sure the school understands that it's a serious problem and steps are taken to resolve it.

IF YOUR CHILD IS BULLYING

- Talk to your child about what might be going on in their lives.
- Listen and explore the situation to identify what might be the motivation behind the bullying.
- Talk about what bullying is, and healthy ways to express emotions and resolve conflict.
- Set limitations at home and reasonable consequences for negative behaviour.
- Consider seeking mental health supports to assist your child in healthy relationship skills.