

INTL. DAY OF PINK

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How to educate your kids about bullying

It's important to teach your children about bullying. Here are three tips for starting the conversation at home.

Teach them to identify it

Bullying can take many different forms. Ensure your children understand that mistreating someone is wrong and can have serious consequences at home, school and in their community. If your children learn about bullying, they'll be able to identify the behaviour and understand if it's happening to them or someone else.

Talk about it openly and often

The more you talk to your children about bullying, the more likely they'll tell you if they see or experience the behaviour in action. For example, if your children witness bullying on a TV show, use it as an opportunity to discuss what bullying is and why it's wrong.

Be a good role model

Children will imitate the behaviour you model.



Show your kids how to treat people with kindness and respect by doing so yourself. In addition, be sure to speak up if others are being mistreated and demonstrate empathy for those who are different.

It's never too early to start teaching your children about how to be kind and speak out against bullying. (NT)

A look at the long-term effects of bullying

Bullying continues to be a major problem in Canadian schools, workplaces, homes and digital spaces. That's why on Pink Shirt Day, which takes place on February 23, people across the country are encouraged to raise awareness about the issue and take a stand against bullying.

It's a common misconception that bullying is a normal part of growing up. However, nothing could be further from the truth. Childhood bullying isn't only traumatic in the short term, it can also have detrimental long-term effects.

Lifelong consequences

Research shows that the impact of childhood bullying can last well into adulthood. In fact,

people who were bullied as children tend to have poorer physical health and are at an increased risk of developing mental health conditions such as depression, anxiety and post-traumatic stress disorder (PTSD). Bullying can also lead to social withdrawal, poor employment outcomes and self-esteem issues.

If you were bullied as a child and are still impacted by the experience, it's important to acknowledge what happened to you and make healing a priority. Consider talking to a therapist or counsellor about your experience.

And if you have children, remember that early intervention is the key to preventing long-lasting ill effects. (NT)


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