



"In skateboarding very rarely do you see bullying and in fact you see the opposite. However, skateboarding occurs in many sports facilities where there are other sports so it's good for children to be aware and understand how to help prevent bullying."

- Jay Mandarin President & Founder of the ISCP & SKATZ & CJ's SKATEPARK & SBC Skateboard Magazine"

1 in 5 students*
have reported being bullied at school.



* According to a 2017 study from the Centre for Addiction and Mental Health (CAMH). Please note these statistics are based in North America and of course can vary from City to City and Country to Country.

When a child talks to you about bullying, the most important thing is to listen and offer support!

WHO TO CONTACT FOR HELP

KIDS HELP PHONE*

This confidential counselling service is available 24/7

-  **Text CONNECT to 686868**
-  **www.kidshelpphone.ca**
-  **1-800-668-6868**

* Kids Help Phone is a hotline in Canada, different countries and cities have their own hotlines which are generally free for children who need to speak to someone about mental health challenges, etc. Please consult with someone in your country for more information.

FOR FURTHER INFORMATION*

ONTARIO: Bullying - we can all help stop it
Education and training

<https://www.ontario.ca/page/bullying-we-can-all-help-stop-it>

PREVNet

Canada's authority on bullying prevention - Research and Resources

<https://www.prevnet.ca>

* These resources are Canadian. If outside of Canada - please consult with individuals in your own Country and/or City for similar websites and resources.

Many people think that bullying is "kids just being kids." The International Skateboard Certification Program is taking a different approach. We know that a child's ability to learn is best facilitated by an emotionally and physically safe learning environment and we uphold this in our Instructor Training and Development Program and training materials.



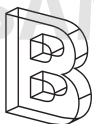
ISCP (International Skateboard Certification Program)/ SKATZ® (Stance, Kicks, Axles, Transfers and Zen)

A division of the Canadian Skateboard Park & School Association (A NOT-FOR-PROFIT CORPORATION)

www.iscpskatz.com | www.goskatz.com



Bullying
INFORMATION
FOR PARENTS
What you
need to know



WHAT IS BULLYING?

Bullying is a repeated aggressive behaviour that is directed at another individual. It is persistent and meant to cause fear, distress, harm, hurt feelings, lower self-esteem, and/or ruin the person they are bullying's reputation. People who bully do so to have power over another person whether it is real or preceptive. This is an intended purpose to cause harm.

WHAT DOES BULLYING LOOK LIKE?

Bullying can take on many different forms, here are some examples of what it can look like:

Physical

(i.e., using your body to hurt others)

- Pushing, shoving, hitting, spitting, stealing, using an object to injure others

Verbal

(i.e., using your words to hurt others)

- Teasing, threatening, name-calling, making negative references to ones race, sexual orientation, religion, culture, gender, ethnicity

Social

(i.e., using friends to hurt others)

- Spreading rumours or lies, excluding others from a group, turning children against each other, humiliating them in public with the intent to put them down

Cyber

(i.e., using electronic devices to hurt others)

- Sending hurtful, threatening, harassing, and/or embarrassing comments, spreading rumours and lies through text messages, email, social media

WHAT IS NOT BULLYING?

Bullying can be confused with conflict. A conflict occurs when two people are have a disagreements or a difference of option/view. During a conflict both people feel comfortable expressing their opinion.



WARNING SIGNS THAT YOUR CHILD MAY BE BEING BULLIED

- They may not want to go to school or other activities or might cry or say they are feeling sick
- Might not be acting like themselves. Isolate themselves from other children (appear sad, quiet, tired)
- Suddenly begin to lose belongings or money
- Come home with torn clothing, scrapes, bruises or broken items and not offer a proper reasoning for it
- Disturbed sleep or nightmares



WARNING SIGNS THAT YOUR CHILD MAY BE BULLYING

- Aggressive and manipulative behaviour at home or at school
- Newly acquired possessions (e.g., toys, clothes, \$)
- Cruel to animals
- Lack of empathy

WHAT TO DO IF YOUR CHILD IS BEING BULLIED.

Children may not feel comfortable about talking about being bullied. They could feel it might make the situation worse and that they are at fault.

- Stop and Listen! Sit down with your child and carefully listen to what they are saying. Ensure you are making them feel safe and understood
- Ask details about the bullying - When, Where, How. Be clear on getting the facts and write down what happened and when
- Try to stay calm and make a plan of action with them on who you can contact and discuss how to help stop the bullying
- Stand up for your child - report the bullying to the instructor or teacher if the bullying is taking place during that time
- Keep an eye on your child's behaviour. Follow up with the instructor or teacher if the bullying has not stopped
- Help your child be assertive and tell the bully to STOP! Teach them that it is okay to stand up but not be aggressive

WHAT TO DO IF YOUR CHILD IS BULLYING OTHERS

Child may bully others for various reasons. It could be because of a loss in the family, major change or conflict at home/school.

- It is important to educate your child on bullying. Let them know that bullying is wrong and not accepted under any circumstances
- Show your child how to deal with situations without aggression or power
- Talk to your child, learn about their social life and events that might be contributing to their behaviour
- Get help! Talking with teachers, instructors, doctors who can help identify situations that may be leading to bullying behaviours