

PARENT ENGAGEMENT TIPS

CYBER BULLYING

Cyberbullying can happen 24 hours a day, 7 days a week, and can reach a child even when they are alone. Parents and children can prevent cyberbullying - together we can explore safe ways to use technology. Talk with your kids about cyberbullying regularly, and discuss these key points:

- Do not respond or engage in cyberbullying and abuse
- Tell a trusted adult and keep the messages – it is your evidence
- If necessary, get a new account or number. Only add people you know
- Do not access sensitive accounts on public Wi-Fi
- Remember, cyberbullying effects thousands of children and teens and can change lives drastically

TLDSB has policies on appropriate uses of technology in the student code of conduct. You can review it online at tldsb.ca.

STRESS – WHAT’S THE HARM?

Stress is a normal part of life. Things that happen to us and around us - and many things that we do to ourselves - put stress on our bodies. We can experience good or bad forms of stress from our environment, our bodies, and our thoughts. Feeling fear and anxiety in stressful situations is common, but these feelings should go away after a day or two. If stress continues for long periods of time it can make us feel tired, affect our concentration, and make day-to-day activities harder to handle. Long-term stress can also lead to a weakened immune system, illness, depression, and unhealthy coping.

Get to know what causes you stress and anxiety for you and your child, and how you respond in stressful situations. Be sure to speak to your healthcare provider about any concerns. For more information, contact your local health unit at www.hkpr.on.ca or www.simcoemuskokahealth.org.

FEEDING YOUR SPIRIT

Just as our body needs nourishment, so does our spirit! A healthy spirit connects us to others and helps us cope with stress. How you feed your spirit is personal and can include things such as volunteering, making gratitude a regular practice, having a spiritual connection to something greater such as nature, practicing mindfulness, or spending more time with family and friends. Parents who model a healthy spirit teach their children to do the same. A healthy spirit helps everyone develop a purpose in life and is the foundation of well-being.

For more information on how to feed the spirit check out feedallfour.ca.

