



Improving emotional health and well being

Dare to Care Bully Proofing your Child

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When 150,000 students miss school each day because of bullying, we need to address this pervasive and crippling issue more seriously. Bullying behavior is not always easy for adults or children to recognize or define. A fight between friends or siblings, or rough play between children with equal power is conflict, not bullying. Bullying is when a person or group of people **repeatedly** and **intentionally** use their power to hurt, embarrass, threaten or exclude another person.

Participants will learn about the scope of the problem and the correlation between bullying, mental illness, and criminal activity. As well, participants will be provided with tips and guidelines to help their children navigate both real-world situations and the potentially dangerous digital world that is increasingly becoming part of day-to-day life. To conclude the evening, parents will be provided with a tool belt of skills to help their children deal with bullying situations.



FREE WEBINAR

February 23, 2022 6:30 pm

Register

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Dare to Care**