

BULLYING PREVENTION RESOURCES (FOR PARENTS)

FOR MORE INFORMATION ON BULLYING:

What is Bullying? What does it look like? What are bystanders? What types of bullying are there?

- PREVNet: www.prevnet.ca/
- CHILDREN'S HOSPITAL OF EASTERN ONTARIO (CHEO):
www.cheo.on.ca/en/cheobullying
- REDCROSS (BEYOND THE HURT): www.redcross.ca AND
www.redcross.ca/what-we-do/violence--bullying-and-abuse-prevention

SUPPORT FOR PARENTS:

- PARENTS' LIFELINES OF EASTERN ONTARIO (PLEO): 613-321-3211
www.pleo.on.ca
- OTTAWA PUBLIC HEALTH: 613-580-6744 AND www.parentinginottawa.ca &
www.etreparentaottawa.ca

* Parents can also contact their child's school and/or school board to determine appropriate next steps:

- Ottawa Carleton District School Board: www.ocdsb.ca/
- Ottawa Catholic School Board: www.ocsb.ca/
- Conseil des Écoles Publique de l'Est de l'Ontario : www.cepeo.on.ca/
- Conseil des Écoles Catholique du Centre-Est): www.ecolecatholique.ca/

MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUTH:

- CROSSROADS: www.crossroadschildren.ca/ AND 613-723-1623
- YOUTH SERVICES BUREAU (walk in counseling, crisis line, etc.):
www.ysb.on.ca/ AND 613-260-2360
- CHILD, YOUTH, AND FAMILY CRISIS LINE OF EASTERN ONTARIO: 613-260-2360
- YOUTHNET: www.youthnet.on.ca/ AND 613-738-3915
- CENTRE PSYCHOSOCIALE: www.centropsychosocial.ca/fr/ AND 613-789-2240

LGBTQQ+ SUPPORT (LESBIAN, GAY, BISEXUAL, TRANS, TWO-SPIRIT, QUEER & QUESTIONING):

- FAMILY SERVICES (LGBTQQ+ & Around the Rainbow):
www.familyservicesottawa.org/ AND 613-725-3601 ext. 105
- CHEO'S GENDER DIVERSITY CLINIC: www.cheo.on.ca/en/genderidentity
AND 1-613-737-7600 ext: 3844
- CENTERTOWN COMMUNITY HEALTH CENTRE (Mental Health Counseling Program for LGBTQQ+ youth ages 12-25): 613-233-4443 ext. 2109
- PINK TRIANGLE: www.ptsottawa.org/ AND 613-536-4818
- PFLAG (Support for Parents of LGBTQQ youth):
www.pflagcanada.ca/ AND 1-888-530-6777

BULLYING is a form of abuse at the hands of peers that can take different forms at different ages. It is TARGETED and REPEATED. It involves POWER, aggression, intimidation and shame. (*PREVnet*)