

## How Can You Use The Program At Home?

1. **Read *WITS* books with your children.** Borrow a *WITS* book from your child's school library or your local public library! You can find a list of books in Section 8 of the *WITS* Manual online at [www.youth.society.uvic.ca](http://www.youth.society.uvic.ca)

2. Watch television programs with your children and their friends and **talk about the characters' actions and choices in resolving conflicts.**

3. When reading books or watching television, **ask questions** to get your child talking about the messages they send, like:

- ✓ What problem do you think the main character has?
- ✓ Was the problem something the main characters could resolve themselves, or did they need help?
- ✓ How do you know when to ask for help and when to work it out on your own?
- ✓ Have you ever had a similar problem, or do you know someone who has? How did they resolve it? What worked? What didn't? How would you use your *WITS* to solve a similar problem in the future?
- ✓ How did the other characters act? How did their actions make the main character feel? Could they have chosen to act differently? Which of their *WITS* could they have used?

4. **Adopt the *WITS* language at home!** Remind your children to **Walk Away**, **Ignore**, **Talk it Out**, and **Seek Help** when they compete for toys, television, who gets to go first, or for more serious problems such as hitting, pushing, teasing, and threatening.

5. **Use *WITS* Time-Outs.** Taking a time-out provides a great chance for children to **Walk away** and **Ignore** a conflict to think of a good solution to the problem. After a time-out period (one minute per year in age is a good guideline), take a moment to discuss the conflict with your child alone, then together with the sibling or friend. Ask them to talk about how things got out of hand, how they could have used their *WITS* to avoid the conflict, and how they would do things differently should another conflict arise.

### *WITS*-Related Resources

**Ask for these titles, available at your school or local library:**

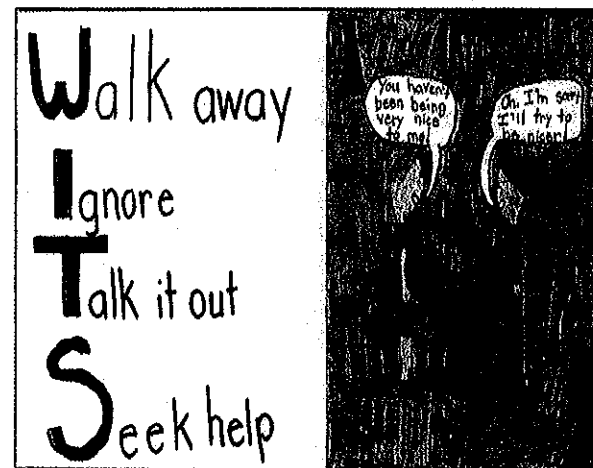
*The Bully, the Bullied, and the Bystander.* By Barbara Coloroso. Published by Harper Collins (2002).

*Cyberbullying and Cyberthreats.* By Nancy E. Willard. Published by Research Press (2007).

*Easing the Teasing.* By Judy S. Freedman. Published by McGraw-Hill (2002).

# Using Your **WITS** At Home

## Resources for Parents



2007 *WITS* Poster Contest Winner  
Frank Hobbs Elementary

**The *WITS* Programs aim to reduce peer victimization and bullying in elementary school children**



[www.witsprogram.ca](http://www.witsprogram.ca)

The **WITS** acronym stands for "Walk away", "Ignore", "Talk it out", and "Seek help." It is a simple way of teaching elementary school children the skills that they need to handle conflicts with others. But, the prevention of victimization and bullying requires more than cute acronyms. It requires a *community* of dedicated adults who work together to create neighbourhoods, schools, and communities that are safe and quick to respond to young children's reports of bullying and victimization.

The **WITS** Program reaches out beyond schools and classrooms to unite emergency service professionals (police, fire-fighters, and paramedics), teachers, parents, and older children to prevent victimization and bullying, and to provide us all with resources to learn how to respond effectively when children ask for help.

*This pamphlet is directed at parents but all of the WITS Program's resources can be downloaded from:*

**[www.witsprogram.ca](http://www.witsprogram.ca)**

*These resources were developed in an ongoing collaboration among the Rock Solid Foundation, Teachers from Greater Victoria School District 61, and Researchers from the University of Victoria's Centre for Youth and Society.*



Centre for  
**Youth & Society**



## Tips To Share With Your Children

- ✓ If it's hard for you to stand up for yourself, ignore the bullying and walk away, then tell someone who can help
- ✓ Get funny! Humour shows you're not bothered
- ✓ Be assertive, not aggressive
- ✓ Fighting back makes the bullying worse
- ✓ Remember that telling is not tattling
- ✓ If you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem
- ✓ Put yourself in the other kid's shoes. Would you want to be picked on, put down, or left out?
- ✓ Apologize to the kids you have bullied
- ✓ Be a real leader. Real leaders treat others with respect
- ✓ Remember that NO ONE deserves to be bullied!

For more tips, visit  
**[www.prevnet.ca](http://www.prevnet.ca)**

## Why Should Parents Be Involved?

When parents help their children deal with conflicts, chances increase that a conflict will be resolved peacefully.

When parents step in during a conflict, they:

- ✓ Give support to their child
- ✓ Show that they are available to help solve problems
- ✓ Teach their child the skills they need to solve future problems

## Steps Parents Can Take To Solve Sibling or Peer Conflicts:

1. Ask what the conflict is about.
2. Ask the children which of their **WITS** they could use to solve the conflict. They may need to try all the **WITS** strategies to resolve the conflict!
3. Ask what they think might happen if they used their **WITS**.
4. Talk about why using their **WITS** is a better choice than fighting.
5. Praise them when they use their **WITS**!
6. Use **WITS** to solve your own conflicts