



家和專業輔導中心

CHINESE FAMILY SERVICES OF ONTARIO

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# 防制霸凌 - 如何帮助孩子避免霸凌行为

## BULLY-PROOF YOUR CHILD: HOW TO DEAL WITH BULLYING

Bullying is a serious phenomenon in Canada. Research shows that 1 out of every 3 students has experienced bullying. This kind of experience will have a very negative and deep impact on the physical and mental development of students. Bullying behavior can happen in multiple forms at different locations through various ways. Join us and learn more about different types of bullying, how to identify early signs, and how to help your child to deal with bullying.

### Topics Include:

- Types of bullying
- Understanding Cyber Bullying and the safe use of social media
- How to identify early signs of bullying
- How parents can help their children to deal with bullying

在加拿大，欺凌是一个非常严重的现象。统计局显示，每三个青少年中就有一个经历了校园欺凌。这种经验会给学生的身心发展造成非常负面及深远的影响。欺凌行为可以多种方式，不同地点，和各种途径存在。想了解不同类型的欺凌问题，如何发现迹象，以及如何帮助你的孩子应对欺凌，请参加这个讲座。

### 内容包括:

- 了解不同类型的欺凌
- 了解网络欺凌的特殊点以及如何安全运用网络社交
- 如何发现子女被欺凌的早期迹象
- 如何帮助你的孩子应对欺凌

日期 Date: Thursday, May 23<sup>rd</sup> 2019 5月23日 (星期四)

時間 Time: 6:30 PM – 8:30 PM

語言 Language: Mandarin 国语

地點 Address: Milliken Mills Library - 7600 Kennedy Rd #1, Markham

查詢或報名 Register: (416) 979-8299 ext. 246

All are welcome. For newcomers, please bring your valid Permanent Resident card or landing document for registration.

歡迎有興趣人士參加，未入籍人士請出示楓葉卡或移民紙以作登記。

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