



PROBLEM-SOLVING TOGETHER

Bouncy is hiding in the dirt, unhappy and out of sorts. **Keenly** reaches out to **Bouncy** and the two of them approach **Sage** who listens tenderly, helping **Bouncy** recover.

MESSAGE

Children can feel lonely and anxious, and others can make a difference by caring and listening, and providing space to problem-solve and help boost self-confidence. Our children need to feel they can come to us at any time for help and support.

Narrated Message

Life has many challenges. Sometimes children can feel troubled and find it difficult to talk to us.

Getting support from peers and adults is an important first step toward finding solutions.

It's important that we be approachable and recognize how much courage it takes for children to share their problems with us.

ISSUES

- It is not easy to talk to others about problems; one can feel helpless and alone
- Reacting too strongly or rushing to fix a problem can result in children feeling more powerless

STRATEGIES

- Listening with compassion and with all one's attention allows children to open up
- Allowing children to tell the story at their own pace and in their own way
- Encouraging children to develop their own ideas, and to learn how to problem-solve
- Staying calm and really listening communicates an important message to children that they still have a say, and that you are there for them, valuing their feelings and ideas
- Both peers and adults can help break down barriers by caring, listening and offering support

QUESTIONS FOR GROUP DISCUSSION

Parents

1. What are some of the messages this vignette offers?
2. How can we support our children when they approach us with a problem?
3. How could a teacher or the school assist you in boosting your child's self-esteem and ability to problem-solve?
4. What kinds of questions would be useful to ask in helping children develop problem-solving strategies?
5. What are some characteristics of a positive role model? Who are the positive role models in your family or in your community?

School Staff

1. What can you do to help improve students' self-esteem and their problem-solving skills?
2. What kinds of questions would be useful to ask in helping students develop their skill in problem-solving?
3. How can you and your school work in partnerships with children and their families to help restore self-worth and confidence?
4. Are there role models in your school community that you can call on to help support children?
5. We all have a role to play. How can you help foster positive behaviour and a respectful school climate?



RESOURCES

- Bullying: We Can all Help Stop it
<http://www.edu.gov.on.ca/eng/parents/bullying.html>
- Kids and Conflict: Teaching Kids to Keep the Peace
<http://tvoparents.tv.org/video/177842/kids-and-conflict-teaching-kids-keep-peace>
- First Steps to Stop Bullying: Adults Helping Children (4 to 11)
www.publicsafety.gc.ca/res/cp/bully_4211-eng.aspx
- Ten Actions all Parents can Take to Help Eliminate Bullying
www.education.com/reference/article/ten-actions-to-eliminate-bullying
- What Parents can do to Prevent Bullying
<http://bit.ly/1177AdX>
- Watch and Listen: How to Recognize Bullying behaviour
<http://bit.ly/12Dn8Jn>
- Preventing bullying
www.safechild.org/new/categoryparents/preventing-bullying

SCHOOL STAFF

- Safe@school (OTF and COPA): COPA's Empowerment-based Problem-solving Approach
<http://www.safeatschool.ca/index.php?q=plm/bullying-prevention/healthy-communication/problem-solving/ninestep-process-to-end-a-bullying-situation>
- Interrupting Bullying
www.safeatschool.ca/index.php?q=plm/bullying-prevention/interrupting-bullying
- Problem-Solving
www.teachervision.fen.com/problem-solving/teaching-methods/48451.html
- Anti-bullying teaching resources
<http://bit.ly/1bskEM6>