

# Reminder note for parents of a student aggressor

## Parents of a student aggressor

### Recognize the signs when your child acts aggressively

Intimidating behaviour can manifest itself among young people from all backgrounds, of all ages. Both boys and girls can engage in acts of intimidation. It is important to recognize the tell-tale signs if you want to stop this behaviour. The same child can also go from being a victim to being an aggressor.

#### Recognize the signs of an aggressor

- They need to dominate.
- They are lacking in interpersonal skills.
- They believe that the aggression is a good way of settling a conflict.
- They see hostility where there is none.
- They lack remorse and have some difficulty expressing regret.
- They often put on a brave face of being self-assured and overly confident.

### Listen to people who tell you that your child is being too aggressive, whether from a school staff member, a coach, another parent or a fellow student.

- Discuss ways that can help you and help your child, interacting with those who know about the situation.
- Explain to your child what might happen to them if they continue to act aggressively (school suspension or expulsion, complaints to police, going to court).
- Contact the school to report the intimidation and to receive specialist support for your child.
- Don't hesitate to ask for professional help to help you in this situation (CSSS, psychologist, etc.).

### You must act to help your child to stop the bullying

If you discover that your child is involved in bullying, you have to show him or her that they can count on your support while making it clear he or she must understand the seriousness of his or her acts:

- Stay calm and listen to what your child has to say to you.
- Make him or her understand that you take the situation very seriously.
- Explain to your child the gravity and the consequences of his or her action or words.
- Impose a disciplinary consequence that you deem suitable.
- Collaborate with the school staff to resolve the matter quickly.
- Offer your child any assistance they may need.
- Explore with your child how they might express their feelings without harming others.
- Discuss with him or her any example of intimidation that can be seen on TV, in a movie, a video game, etc.
- Remind the child that it is important to respect other kids, despite their differences (e.g. sexual orientation, race, physical size and strength).
- Spend more time with your child and oversee any activities.
- Try to know who his or her friends are and how they spend their spare time together.
- Book an appointment with the school office as needed.