WINDSOR-ESSEX COUNTY HEALTH UNIT
Bureau de santé de Windsor-comté d'Essex

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November 2026

Parents and Guardians,

Ontario's **Bullying Awareness and Prevention Week** is November 15th-21st, 2026. This is a time to learn more about bullying and its effects so that it can be recognized and prevented.

In Ontario, almost 1 in 3 students report being bullied at school (CAMH, 2025). To learn more about the risks for children being bullied, the risks for children who bully, and the parent's role, please visit the PREVNet.ca website.

Here are some ideas that you and your child can do this week and beyond:

- Talk about why bullying is wrong and help them to understand the impact that their actions may have on others.
- Catch your child being kind. Prompt them with questions, such as: How did it make them feel? What was the outcome? Encourage a daily act of kindness.
- Have a chat about what to do if they are bullied or if they see someone being bullied. Let them know it is okay to talk to an adult and ask for help.
- Be a role model. They are watching you. Talk about the positives that you see in each family member or the people around you. Make it a habit to see the positives in others.
- Let your child know it is okay to express negative feelings, but it is important to express them in ways that do not hurt others. Talk to each other. Go for a walk. Model these healthy habits for your children.

For more information or support, you can visit the Windsor-Essex County Health Unit website or:

- Kids Help Phone is available for youth 24 hours a day and 7 days a week at 1-800-668-6868. Their team of trained counsellors provides a free texting service and live online or live telephone chat for kids, teens, and young adults in both English and French.
- The Youth Wellness Hub Windsor-Essex offers services to youth ages 12 to 25 without a wait list or the need for a referral.
- BullyingCanada, is a national charity for youth and adults to contact for help on how to make bullying stop. It is available 24 hours a day and 7 days a week.

We hope that every family takes some time this week to engage in these meaningful and ongoing conversations to help create a positive setting for all the students in Windsor-Essex County.

Sincerely,

The WECHU School Health Promotion Team

For more support, visit our webpage
www.wechu.org/bullying