



We must **all** keep our schools safe.

Whether you're a parent, educator, student, or community member – we all have a part to play in making our schools a safer space for every child to learn and grow.

How **you** can help

Model **respect** at home

Our kids are watching how we handle tough moments. Be the example by showing them what it looks like to calm down, speak clearly, and ask for help when you need it.

Have the **safety** talk

Sit down with your kids and discuss who they can turn to if something doesn't feel right — a teacher, you, a school counselor, or another trusted adult. Make it clear that speaking up about safety isn't about getting anyone in trouble: it's about taking care of each other.

Keep the **conversation** going

Check in with your kids regularly. Watch for changes in mood, behaviour, or friendships. If you notice something seems off, don't wait — talk to your child about support options and contact their teacher or guidance counselor.

Encourage **kindness** at school

Talk to your kids about treating people the way they want to be treated. It sounds simple, but kindness and inclusion go a long way in creating safer schools.

Stay in the loop **online**

Set reasonable limits on screen time and talk openly about how to be kind to others online. If your child experiences harassment, encourage them to save messages or screenshots and bring them to a trusted adult for help.

Speak up for **change**

Contact the Department of Education or your MHA. Raise your voice for smaller classes, better mental health support, and programs that help prevent violence before it starts.

Violence has **no place** in our schools

Nearly half of Canadian parents (47%) report that at least one of their children has been bullied at school.

In 2025, there were an average of **23 violent incidents** per day in Newfoundland and Labrador's schools

86% of Canadians expressed concern about escalating levels of violence at school.

1 in 3 Canadian students report they have been bullied at school.

55% of educators say they've experienced workplace violence and aggression.



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