

Bullying

IS INTENTIONALLY MEAN, CRUEL & HURTFUL BEHAVIOUR.

IT IS ABOUT USING POWER IN A NEGATIVE WAY TO HURT OTHERS.

VERBAL BULLYING

The use of words to hurt or humiliate another person and involves name-calling, insults, threats, discriminating comments and constant teasing.

PHYSICAL BULLYING

When targets are hit, kicked, slapped, choked, poked, punched, pinched, pushed, scratched, have their hair pulled, are threatened or their property is taken or damaged.

RELATIONAL/SOCIAL BULLYING

Making a person (usually someone within a group of friends) feel worthless through ignoring, isolating, excluding, shunning or the spreading of rumours. It is used to convince peers to exclude or reject a certain person or people and cut the target off from their social connections.

CYBERBULLYING

The use of information and communication technologies such as e-mail, text messages, camera phones, instant messaging or networking websites to support deliberate, repeated and hostile behaviour by an individual or group with the intention of harming others.

FACTS

Both bullying and harassment can be criminal.

When youth stand up and speak out against bullying they are successful in stopping the bullying behaviour 57% of the time in about 10 seconds!

SPEAK UP

Talk about it with someone you trust.

Try to find a healthy way to change what is happening or how you react to it.

Call a help line.

Reaching out to a counselor in an anonymous way can help make talking about it easier.

KidsHelpPhone
1-800-668-6868
kidshelpphone.ca



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