

## What is Bullying?

Bullying is a form of aggression used by a child to maintain power over another child. It can result in emotional problems including anxiety, low self-esteem, and/or depression.

### Types of bullying:

- **Physical bullying:** using physical force against another person which includes kicking, shoving, taking and damaging belongings.
- **Verbal bullying:** using words to verbally attack someone which includes name calling, taunting, offensive comments, making threats.
- **Social/relational bullying:** trying to hurt another person through excluding them, spreading rumours or ignoring them, and gossiping.
- **Cyberbullying:** using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation.

Bullying is **NOT** a normal part of growing up. Tips for parents/caregivers if their child is being bullied:

- Listen to your child
- Involve your child in looking for solutions
- Create support for you and your child (teachers, school support staff, family members)
- Build up your child's self-esteem (praise and value their achievements, get them involved in school and community activities they enjoy)
- Teach your child how to respond to bullying behavior (walk away, ignore, talk it out and seek help)
- Work with your school to educate others about bullying
- Tell your child you love them

Pink Shirt Day will be celebrated on **February 27<sup>th</sup>**. Pink represents our support against bullying behavior. Together we can make a difference. Remember everyone deserves respect and no one deserves to be bullied.

Resources:

<http://kidshealth.org/en/parents/bullies.html?WT.ac=p-ra>

<http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/educators>

<https://www.pinkshirtday.ca/>

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