

# BULLYING PREVENTION & AWARENESS WEEK

## Definition of Bullying:

Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying occurs in a context where there is a real or perceived power imbalance

-Pepler & Craig (2014)

## Types of Bullying:

**CYBER:** The targeting of someone using technology, it is quickly outpacing the traditional forms of bullying.

**SOCIAL:** Sometimes referred to as *Relational Bullying*. This involves hurting someone's reputation or relationship.

**VERBAL:** Saying or writing mean things

**PHYSICAL:** Involves hurting someone's body or possessions

Critical Question	Teasing	Aggression	Bullying
Is this behaviour reciprocated?	<b>Usually</b> The teasing is shared equally	<b>Usually Not</b> There is usually only one aggressor	<b>No</b> There is a person who bullies and a person who is victimized
Do both people look like they are having a good time?	<b>Usually</b> It takes place within a strong, positive, relationship	<b>No</b> One person is the aggressor	<b>No</b> One person is in distress or being harmed
Is the behaviour fun?	<b>Usually</b> Both people enjoy the banter	<b>Usually Not</b> It can alienate and be embarrassing	<b>No</b> The person bullying intends to cause fear
Has this happened before with these individuals?	<b>Yes</b> It occurs when there is a familiarity	<b>Possibly</b> It may be a one-time event	<b>Yes</b> Bullying is typically repeated behaviour
Is there a power differential?	<b>No</b> It illustrates closeness and affection	<b>Possibly</b> It can happen within a weak relationship	<b>Yes</b> There is always a power imbalance

Strategies to promote a safe school:



**STAND UP! SPEAK OUT!**