

Stop Bullying



Is it Bullying?

Is it bullying if ...you feel hurt because of things said about your ethnic background, religious faith, gender, sexuality, disability, special educational need, appearance or issues in your family? **YES!! This is BULLYING!**

Is it bullying if ... you feel hurt because individuals or groups are:

- calling you names?
- threatening you?
- pressuring you to give someone money or possessions?
- hitting you?
- damaging your possessions?
- spreading rumours about you or your family?
- using text, email or web space to write or say hurtful things (cyber-bullying)? **YES!! This is BULLYING!**

We DO NOT tolerate bullying at Our Lady of Fatima!

This is what **WE DO** at **Our Lady of Fatima** about bullying:

- Identify and immediately deal with incidents of bullying.
- Make students aware of what is *acceptable* and *unacceptable behaviour*.
- Make sure that any person being bullied is safe.
- Work together to stop the bullying from happening again.
- Provide support to the person(s) being bullied.

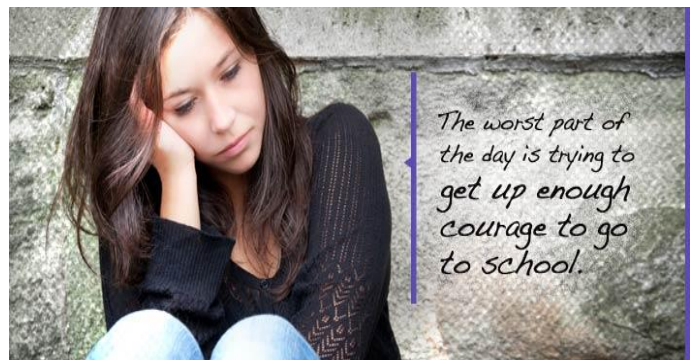
This is what **YOU** should do if you feel you are being bullied:

- Talk to someone you **trust** and get them to help you take the right steps to stop the bullying.
- Try to stay calm and look as confident as you can.
- Be firm and clear - look them in the eye and tell them to STOP!
- Get away from the situation as quickly as possible.
- Tell a trusted adult (teacher or parent) what has happened right away or, if you do not feel comfortable telling an adult, tell another student, friend or a sibling.
- Keep on speaking up until someone listens and does something to stop the bullying.
- Don't blame yourself for what has happened.

When you are talking to an adult about bullying

BE CLEAR about:

- What has happened to you.
- How often it has happened.
- Who was involved.
- Who saw what was happening.
- Where it happened.
- What you have done about it already.



Bullying Types

There are four types of Bullying:



VERBAL BULLYING: *Verbal Bullying* occurs when someone uses language to gain power over his or her peers. The *verbal bully* makes use of relentless insults and teasing to bully his or her peers. For instance, a *verbal bully* may make fun of a peer's lack of physical capabilities, may tease a peer for being a "dummy" or "nerd", and/or may call a peer names based on appearance. *Verbal bullies* are one of the more difficult types of bullies to identify since their attacks tend to only occur when adults are not present. Even though *Verbal Bullying* creates no physical damage, this type of abuse can have lasting psychological impacts on victims.

SOCIAL BULLYING: *Social Bullying* is deliberate, repetitive and aggressive social behaviour intended to hurt others. This type of behaviour generally includes verbal abuse, gossip or other actions that cause mental and emotional harm and social isolation for the victim. It occurs when a person teases someone because of their appearance, spreads lies or rumours, or ignores or rejects someone. The goal of *Social Bullying* is to belittle and harm another individual or group, therefore gaining power over the victim. This type of intimidation takes place everywhere, but especially in schools. In school, for example, *Social Bullying* might take the shape of teasing unpopular children, ridiculing another child's clothes, making fun of the way a person speaks, or mocking a person's academic achievements, race or culture.

PHYSICAL BULLYING: *Physical Bullying* occurs when a person uses overt (obvious) bodily acts to gain power over peers. *Physical Bullying* involves hurting a person's body or possessions and can include kicking, punching, hitting or other physical attacks such as pinching, spitting, tripping/pushing, taking or breaking someone's things or making mean or rude hand gestures. Unlike other types of bullying in schools, *Physical Bullying* is easy to identify because the acts are so obvious. *Physical Bullies* tend to demonstrate high levels of aggression from a young age and are more likely to be boys.

CYBER-BULLYING: *Cyber-Bullying* is the use of cell phones, instant messaging, e-mail, chat rooms or social networking sites such as *Facebook* and *Twitter* to harass, threaten or intimidate someone. *Cyber-Bullying* is often done by children, who have increasingly early access to these technologies. The problem is compounded by the fact that a bully can hide behind an electronic veil, disguising his or her true identity. This secrecy makes it difficult to trace the source and encourages bullies to behave more aggressively than they might face-to-face. *Cyber-Bullying* can include such acts as making threats, sending provocative insults or racial or ethnic slurs, gay bashing, attempting to infect the victim's computer with a virus, and flooding an e-mail inbox with messages. If you are a victim, you can deal with *Cyber-Bullying* to some extent by limiting computer connection time, not responding to threatening or insulting messages, and never opening e-mail messages from sources you do not recognize or from known sources of unwanted communications. More active measures include blacklisting or whitelisting e-mail accounts, changing e-mail addresses, changing ISPs, changing cell phone accounts, and attempting to trace the source.

Everyone who is bullied has a different experience. If you're being bullied, here are some ways you might be feeling:



Fear



Guilt



Anger



Shame



Sadness



Pain

Being the target of Bullying can be hurtful, scary, and isolating. It can also be upsetting to be a witness to bullying.

Even though it's difficult, remember: **YOU ARE NOT ALONE.** There are ways you can keep bullying out of your life!

If you don't feel that you can talk to a trusted adult or friend about your experiences with Bullying, you can anonymously contact a counsellor at **KIDS HELP PHONE** at *KidsHelpPhone.ca* or call **1-800-668-6868**.

TOGETHER WE CAN PUT AN END TO BULLYING !!!