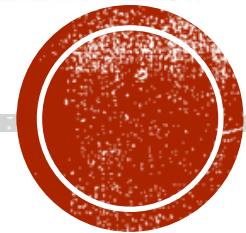


**BULLYING
PREVENTION &
AWARENESS
WEEK**



NOVEMBER 12TH TO 19TH, 2021
RESTORE, REBUILD, RENEW

“Bullying is a relationship problem that requires relationship solutions”

- Dr. Debra Pepler



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

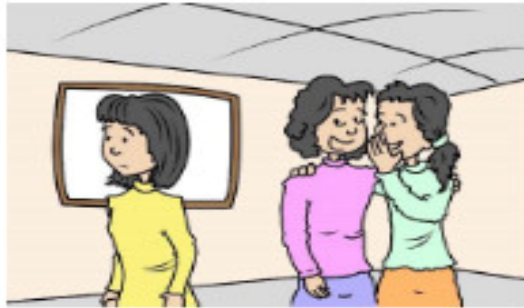
Bullying is when someone does mean or hurtful things to another person on purpose.



Physical Bullying is when a person uses their body or an object to hurt another person.



Verbal Bullying is when someone uses spoken or written words to hurt another person's feelings.



Social Bullying is when someone hurts another person's feelings by making other people think badly about them.



Cyber Bullying is when someone uses a phone, computer, or other electronic device as a way to say or do mean things to someone else.



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TYPES OF BULLYING:

Physical: Involves hurting someone's body or possessions

- hitting, kicking, shoving, spitting, beating up, stealing or damaging property

Verbal: Saying or writing mean things

- name calling, mocking, hurtful teasing, humiliating or threatening someone, or making sexist, racist or homophobic comments and harassment.

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

- excluding others from a group, spreading gossip or rumours, setting others up to look foolish, and damaging friendships
- treating people badly because of their identity, saying bad things about a culture, calling someone racist names, telling racist jokes
- treating people badly because of their religion or beliefs, saying bad things about a religion or belief, calling someone names, telling jokes about a religion or belief
- leaving someone out or treating them badly because of a disability, making someone feel uncomfortable because of a disability (e.g. mental or physical), making comments or jokes to hurt someone with a disability
- treating someone badly because of his/her appearance (e.g. weight-based teasing) or social class (e.g. not having name brand clothing or possessions)

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

- Is electronic communication used to upset, threaten or embarrass another person
- Is using email, cell phones, text messages and internet sites to threaten, harass, embarrass, socially exclude or damage reputations and friendships
- Includes put-downs, insults, spreading rumours, sharing private information, photos, videos or threatening to harm someone
- Is always aggressive and hurtful



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

IDENTIFYING BULLYING, TEASING AND AGGRESSION





KEEP CALM



IF YOU ARE BEING BULLIED...

- Stay calm, try to show you won't get upset. Anger can make things worse.
- As soon as you get bullied, find an adult you trust and tell the adult what happened. It is your right to be safe.
- If you are afraid to tell an adult, ask a friend to go with you.
- Stay close to friends or children you know will stick up for you.
- Stay away from places you know bullying happens.
- If bullying continues, walk away and join other children or ask someone for help.



IF YOU SEE SOMEONE BEING BULLIED..



Speak out

Speak out, you can help by telling the bully to stop - nobody deserves to be bullied.

Ask

If you are afraid to speak out alone, ask a friend or many friends to do it with you.

Comfort

Comfort the person who was hurt, tell them they don't deserve what happened.

Find

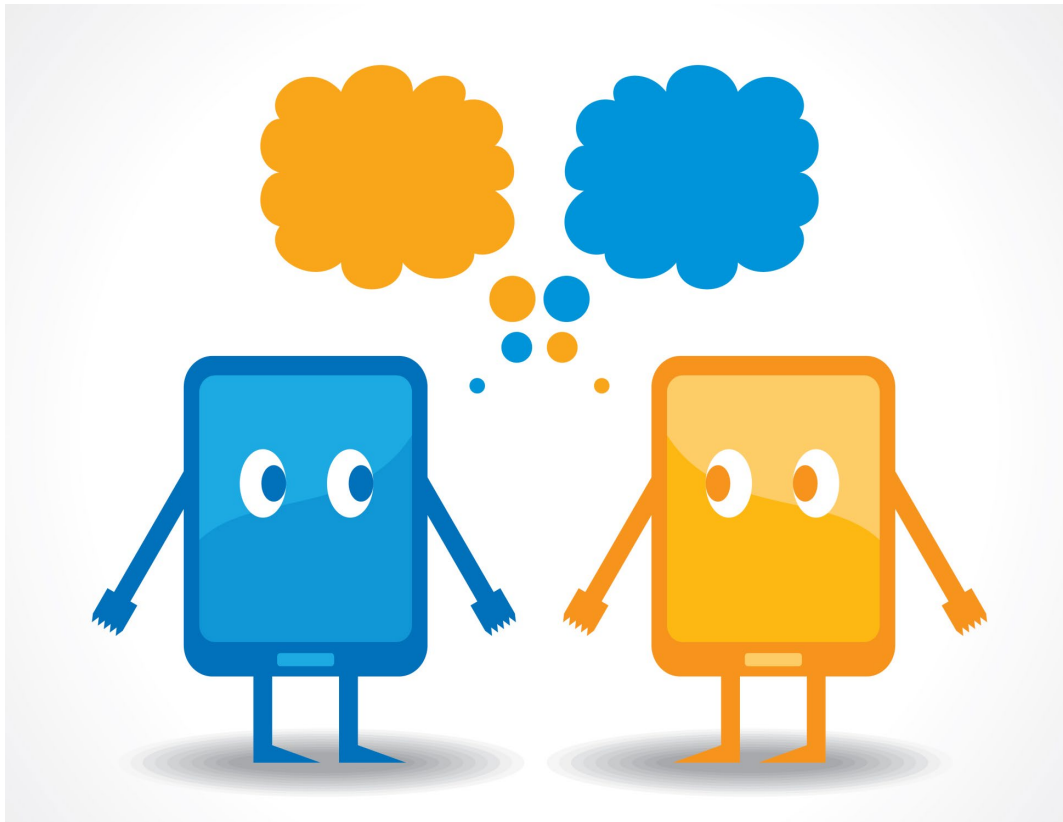
If you are afraid or telling them doesn't work, find an adult you trust to help you.

Help

Help children who are bullied. Invite them to participate in your school activities - this will help them not feel like they are alone.



THINGS YOU CAN SAY TO SOMEONE BEING BULLIED...



- "Despite how it seems, it is not a hopeless situation. Something will be done to stop the bullying; I will help you."
- "There is always someone who you can talk to about bullying, whether it's me or another adult/teacher at school."
- "Remember, if you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem."



ADVICE

- Although situations concerning bullying often differ and vary depending on the incident, some common guidelines for us to follow are:
- *Ignore the bully* - Bullies look for big reactions, so ignore threats, walk away and go to a place of safety.
- *Stand up for yourself* - Challenge the bully to stop in a loud and firm voice, and walk away (run if needed). Bullies keep attacking if you do what they say and tend to pick on those who do not stand up for themselves.
- *Don't bully back* - Physically fighting back satisfies the bully and is dangerous because you could get hurt or end up in trouble.
- *Tell an adult* - Anyone being bullied or who sees someone being bullied has to tell an adult. Principals, teachers, parents and lunchroom monitors can all help. *It's not tattling, ratting or snitching*: calling out a bully isn't telling on someone for something small - bullying is wrong and it helps everyone if it is stopped.

