



## FEBRUARY SAFETY TOPIC BULLYING PREVENTION

### WHAT IS BULLYING?

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

### TYPES OF BULLYING

- Physical bullying: using physical force or aggression against another person (e.g. hitting)
- Verbal bullying: using words to verbally attack someone (e.g. name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumours or ignoring them (e.g. gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages).

### HOW CAN BULLYING AFFECT AN INDIVIDUAL?

People who are targets of bullying may experience a range of effects. These reactions include:

- Shock
- Anger
- Feelings of frustration and/or helplessness
- Increased sense of vulnerability
- Loss of confidence
- Physical symptoms such as:
  - Inability to sleep
  - Loss of appetite
- Psychosomatic symptom such as:
  - Stomach pains
  - Headaches
  - Panic or anxiety, especially about going to work/school
  - Family tension and stress
  - Inability to concentrate
  - Low morale and productivity



### TIPS FOR PARENTS & CAREGIVERS

#### If my child is being bullied:

- Listen to your child entirely before reacting
- Involve your child in finding solutions
- With your child's help, create a team of support for you and your child (teachers, school counselors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety
- Build your child's capacity to respond effectively to the bullying by:
  - Abstaining from violence
  - Not counter-bullying
- Help your child to build their self-esteem by:
  - Engaging them in activities they enjoy
  - Praising their good efforts and accomplishments
- Remind your child that you love them
- Know when the problem is getting too big for them, and seek appropriate intervention

Source: CCOHS Canadian Centre for Occupational Health and Safety; *Bullying in Workplace*  
<https://www.ccohs.ca/oshanswers/psychosocial/bullying.html#section-7-hdr>



Information provided by  
[redcross.ca/respecteducation](https://redcross.ca/respecteducation)  
Preventing Bullying

I am kind  
I am loved  
I can do anything



### IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOR:



- Stay calm and be firm-let your child know that bullying is not acceptable
- Find out what motivates your child to bully, and encourage an open and honest discussion
- Use non-violent and age-appropriate consequences: set rules
- Discuss how your child can take steps to repairs the damage caused by the bullying behavior
- With your child's help, create a team of support for both of you (teachers, school counselors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power

If you have been targeted by bullying...  
**YOU DESERVE RESPECT.**  
**YOU DO NOT DESERVE TO BE BULLIED.**



Take a stand. If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.



Don't join in the bullying by putting yourself down. Stay focused on things that make you feel confident and proud of yourself.



Get support. Hang out with friends that will support you, and work together to speak out against bullying and harassment.



Think about the qualities you want in a friend and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.



Don't cast yourself as a "victim" for life. This person or people have singled you out in this situation but that doesn't mean it will always be that way.



Cope with strong feelings of sadness or anger in a healthy way through sports, music, reading, journaling, or talking it out.

### FACTS

1. Bullying is not a normal part of growing up.
2. You have a right to be treated with respect and feel safe.
3. Being bullied is **NOT YOUR FAULT**. No one deserves to be bullied.

### YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and 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 counsellor in an anonymous way can help make talking about it easier.

**KidsHelpPhone** t. 1-800-668-6868

e. [kidshelpphone.ca](http://kidshelpphone.ca)



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[redcross.ca/respectededucation](http://redcross.ca/respectededucation)  
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