

DON'T PICK ON ME! WHAT KIDS CAN DO

You do not have to put up with bullying at school or in the community. It is NOT just “a part of life”.

How to keep from being bullied

- Hang out with friends and play in groups. Walk to school with a buddy.
- If you know a kid who doesn't like you, stay away from them and places they like to hang out.
- Stay within sight of grownups whenever possible. If they can see you, they can help you.
- Don't bring expensive things or a lot of money to school.
- Practice showing confidence. Stand tall. Walk proud. If you look confident and make eye contact, the bully probably won't pick on you.
- If someone is bothering you, tell an adult right away. The longer you wait, the harder it will be to stop it.



Ways to deal with a bully

- Bullies love a reaction, don't give them one. Stay calm.
- Stand up straight and don't show the bully that you are afraid or that your feelings are hurt.
- Be alert. Think fast. How can you get out of the situation safely?
- Fighting back can make the situation worse, and you may get hurt. Get away. Find safety or call for help.
- Talk to an adult you trust for ideas and help.
- Have a plan for dealing with bullies. Think of things to say ahead of time and practice them at home.
- Get help. Report the situation to the school and your parents.

What should you tell others?

- What happened to you and how you reacted
- Who bullied you and who saw it happen
- Where it happened and if it's happened before
- Write down everything including things that other kids or adults did to help you.

What if someone else is being bullied?

Most of the time bullying takes place, other kids are watching. These bystanders, as they're called, have the power to help stop bullying. In fact, when other kids step in, bullying stops within 10 seconds, 57% of the time.

Most kids feel uncomfortable watching but few intervene because they are afraid or don't know what to do. You can:

- Go for help if the situation is dangerous or you are unsure or afraid.
- Walk away. Don't be an audience for the bully. Get help.
- Be a buddy to the victim. Invite them to join you.
- Speak up...a simple “you're being a bully” might be enough to stop the incident.

WHERE TO GO FOR HELP

Kids Help Phone
1-800-668-6868
www.kidshelpphone.ca

Bullying Awareness Network
www.bullyingawarenessnetwork.ca

Canadian Initiative for the Prevention of Bullying
www.cipb.ca

Boys and Girls Clubs of Canada
www.bgccan.com

Boys and Girls Clubs of Canada provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. For over 105 years, Boys and Girls Clubs across Canada have been leading providers of quality programs to children and youth in over 700 community-based locations. We serve more than 154,000 young people and their families each year.



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BULLYING



What you should know
What you can do



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WHAT IS BULLYING?

Bullying is repeated, aggressive behaviour by one or more people, which harms others physically and/or emotionally.

Bullying includes:

- Name-calling, verbal taunts, gossiping and put-downs
- Exclusion from a peer group
- Threats and intimidation
- Extortion or stealing of money and possessions
- Physical violence and attacks

No matter how it is defined, bullying is abuse. It cannot be simply brushed aside as a “normal” part of growing up.

Impact

Children who are the targets of bullying often experience extreme fear and stress, feelings of loneliness, humiliation and insecurity. Research shows that the emotional effects of bullying can last well into adulthood.

What to look for

Victims often keep their problems a secret; they feel they should handle bullying themselves. They worry about the bully’s revenge or other children’s disapproval, or they think that adults can do little to help them. Warning signs include:

- A change in attitude, eating or sleeping habits
- Fear of going to school/afterschool programs
- Lowered self-esteem
- Unexplained sadness or depression
- Acting out at home
- Unexplained broken personal possessions, loss of money, loss of personal items
- Unexplained bruises, injuries or damaged clothes
- Decreased interest and performance in school

WHAT PARENTS CAN DO

Be proactive

- Talk to your children about what bullying is. Encourage them to tell you if they are bullied.
- Role play bullying scenarios and discuss the best ways to respond.
- Talk with your children about their friends. Show interest in their school and social life.
- Give your child the chance to exercise independence in a safe way that will build confidence.
- Provide positive social opportunities for your child (play dates, sleepovers). Observe how friends treat your child.
- Get involved in your child’s world – school and beyond.



If your child is being bullied

- Care for cuts and bruises first.
- Calmly assure your child that you will do your best to help them. Never blame your child or suggest you cannot help.
- Do not promise to keep the incident a secret. Explain that this protects the bully who is counting on the child to remain silent.
- Get the facts – what, when and where it happened, who was involved, if there were witnesses, and if it has happened before.
- Encourage your child to talk about his/her feelings about being bullied.
- Help your child practice assertive strategies at home (saying “No!” in a loud voice, walking away with confidence).
- Encourage your child to tell an adult right away.
- Work with staff to address the problem. Ask to see the policy on bullying. Keep notes and provide them with a written report so you can talk specifically about your child’s experiences.
- Avoid blaming the administration; they are your ally in finding a solution.
- Ask to be notified should your child become involved in an incident.
- Offer support. Helping your child understand the choices and options they have teaches them independence and self-confidence.
- You have a right to expect that bullying or harassment will be dealt with in fair and appropriate ways. Be patient. Conflict between children takes time to be resolved.

For more tips, visit www.bgccan.com.

THINGS AREN'T GETTING BETTER, WHAT NOW?

- Arrange a meeting to find out what is being done about the situation. Agree to a timetable and/or a schedule of actions that will be taken.
- If staff make excuses for the bullying behaviour, or refuse to address the incident, report the incident (with copies of notes, schedules, etc.) to the board and demand the issue be addressed.
- Your local police service can provide information and support. You may want to send them a copy of the report documenting all events to date for their files.
- Seek counselling and outside support for your child.

