

# Bullying...Not Cool!



Our Community—Our Commitment

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## What is bullying?

Bullying is when we do something to someone else with the intention of hurting them...hurting their bodies or hurting their feelings and the reason we do this is because we think we are more important than they are. We think we're cool and they're not!

## Why do people bully?

- Bullying makes them feel powerful.
- They don't care about other people's feelings.
- Someone bigger or stronger is pressuring them into acting tough.
- They are looking for attention, even negative attention.
- They want others to think they're strong.
- They have family problems or are being bullied at home by a parent or an older sibling.
- They feel bad about themselves so they want others to feel bad too.



**Bullying is hurting someone intentionally**

## Consequences of bullying

**Bullying can result in being suspended or expelled from school.**

**Offenders can also be charged under the Youth Justice Act if 12 or over.**

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## Who is a bully?

**Peers, friends, siblings adults...anyone can be a bully, even you!**



## Who is a victim?

**Anyone can be a victim.**



## Types of bullying

Physical Bullying	Verbal Bullying
<ul style="list-style-type: none"> <li>• Hitting</li> <li>• Pushing or shoving</li> <li>• Kicking</li> <li>• Spitting</li> <li>• Throwing something at someone</li> <li>• Physical aggression towards another person</li> </ul>	<ul style="list-style-type: none"> <li>• Mocking</li> <li>• Name-calling</li> <li>• Teasing /Taunting</li> <li>• Threatening words, e-mails or phone calls</li> <li>• Making fun of someone</li> <li>• Homophobic taunting</li> <li>• Being mean on purpose</li> <li>• Spreading rumours</li> </ul>
Social Alienation	Other forms
<ul style="list-style-type: none"> <li>• Gossiping</li> <li>• Humiliating someone in public</li> <li>• Spreading rumours</li> <li>• Excluding someone from the group</li> <li>• Encouraging others to hate someone because you don't like them. (Inciting hatred)</li> <li>• Giving dirty looks</li> </ul>	<ul style="list-style-type: none"> <li>• Threatening with a weapon</li> <li>• Defacing property</li> <li>• Stealing</li> <li>• Racist or sexist comments</li> <li>• Daring someone to do something dangerous</li> <li>• Setting up someone to take the blame for you</li> </ul>

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## How to deal with a bully

- Simply say "No" or make some humorous comment and walk away from them.
- Stay in a group during school. This prevents the bully from one-on-one contact.
- The bully wants you to act like a victim. If you cry and get upset when he or she is making fun of you this gives them a sense of accomplishment and will encourage them to keep picking on you. If you're slumping and avoiding eye contact you will come across as weak. You have to have confidence and believe in yourself.
- Try not to let it get to you. What the bully says to you is false. You are just as good as the rest of the world.
- Tell everyone you know about the bully. You don't have to say that you were bullied but you'll be helping others by warning them. Break the silence and expose the bully.
- Talk to someone about what's going on. Tell a friend, your parents, a counselor, a teacher or someone else. Don't suffer in silence. You don't deserve to be treated that way.

## Don't be a by-stander!

Do something if you see someone being bullied. If you go along with the bully or laugh at what the bully is doing to his or her victim, you will be just as guilty. You're encouraging the bully to continue doing what he or she is doing. If there is no audience, there won't be any bullying. Remember Bullies love an audience. Instead get away and get help for the victim. Who knows...someone might do the same for you one day.



**Be a friend not a bully**