

Bullying Prevention for Youth



Are You a Victim of Bullying?

- Bullying includes:
 - Physical – Hitting, stealing, or damaging property etc.
 - Verbal – Name calling, mocking etc.
 - Social – Excluding others from a group, spreading gossip or rumours etc.
 - Electronic/Cyber-bullying – Sending hurtful comments, pictures etc. using technology (i.e. Internet, cellphone).

How to Deal With Bullying

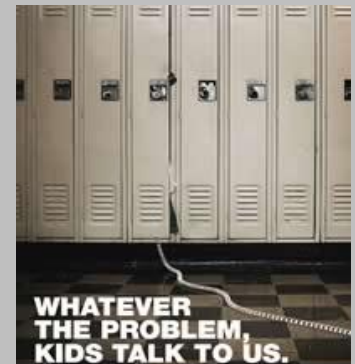
- Don't fight back or get mad.
- Think of things to say ahead of time. Keep it short, but make sure the bully knows you do not want them talking to or treating you that way.
- Ignore the bully and walk away.
- Report bullying to a trusted adult. Telling is not tattling.
- Say NO to bullying!

How to Prevent Being Bullied

- Avoid places where bullies are. Always try to be with a friend or a trusted adult. Bullies pick on kids who are alone.
- Don't bring expensive possessions or lots of money to school.
- Don't get scared. Bullies do not pick on kids who are confident.
- Remember, you are not alone!

How Bystanders Can Help

- Encourage bystanders to get involved as a group.
- Speak up and tell the bully they are wrong and you won't get involved in bullying.
- Help the victim, and offer support; go with them to tell an adult about the incident.
- Get help from a trusted adult. Tell a trusted adult if you see another kid being bullied.



1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

Resources

- www.bullying.org
- www.prevnet.ca
- www.teencentral.net
- Victim Services of Brant
 - 519-752-3140
- St. Leonard's Society Child and Youth Mental Health Crisis
 - 519-759-7188