

BULLYING: 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”.



WHAT DOES IT MEAN TO BE BULLIED?

Did the other person or group of people **MEAN** to hurt you?

Has that person or group of people hurt you **BEFORE**?

Does the person or group of people have **POWER** over you?

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. Try to 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 when 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 child being bullied. Invite them to play with 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

Source: Boys and Girls Club of Canada

COURTESY OF THE BRAVE PROJECT