



What You Need To Know

Kids > Bullying



WHAT IS BULLYING?

Bullying is when a person or a group of people repeatedly do something on purpose to make someone else feel hurt, sad or embarrassed.

TYPES OF BULLYING

Physical bullying involves hitting, shoving, pushing, tripping or any other use of physical force.

Social bullying involves excluding someone from a group, spreading rumours or “the silent treatment.”

Emotional/psychological bullying involves verbal attacks, hurtful comments, name-calling or teasing.

Cyberbullying involves harassing someone over social media, text, email, websites and other digital channels.

Discriminatory bullying involves harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them “different.”

I'm being bullied

Being bullied feels awful. It can make you feel sad, afraid or like there's nothing you can do.

CONNECT WITH KIDS HELP PHONE

If you need one-on-one time with someone who gets what's going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you're going through.



CALL Kids Help Phone at 1-800-668-6868.



LIVE CHAT at KidsHelpPhone.ca.



TEXT with a Crisis Responder at 686868.

WHEN IT HAPPENS

- Try to stay calm. Take a deep breath.
- Tell whoever is bullying you to leave you alone.
- Walk away and go somewhere safe.

Remember: being bullied is never OK, and you shouldn't have to put up with it. You have a right to be yourself without being bullied.

"Everyone calls me names and I hate it..."

"I know it's wrong to make fun, but at least they're not laughing at me."

~ Real quote from KidsHelpPhone.ca

TALKING TO SAFE ADULTS

When talking to a safe adult, you can say, "I'm being bullied and need your help."

TALK ABOUT IT

- Telling someone you trust is a way to stay safe. It's not tattling.
- If you're nervous, ask a friend to come with you to tell a safe adult about what's happening.
- Don't give up! It sometimes takes a few tries before you find someone who knows how to help.

WHAT CAN I DO LATER?

- Stay close to kids who will stick up for you.
- Ask a teacher to keep an eye out for you on the playground.
- Think of something you could say the next time to tell the person to stop.

If you want practice saying stop, you can call a Kids Help Phone counsellor at 1-800-668-6868.

- Do something that's fun and relaxing. It's important to do things that make you happy when you're going through a hard time.

I'VE WITNESSED BULLYING

People who see bullying are called bystanders.

Bystanders can help make the bullying stop, but often feel afraid, don't know what to do or think someone else will step up to stop it.

DO SOMETHING

Be a friend to kids who are being bullied.

- Tell the person to stop, if it's safe to do so.
- Walk away. Staying and watching tells the person doing the bullying that it's OK.
- Ask a safe adult for help.
- Ask kids who are being bullied to leave the situation with you. Invite them to play somewhere else.

SPEAK UP

- Talk to someone who can help.
- Encourage the person who's being bullied to talk to someone who can help. You can also pass on Kids Help Phone's number: 1-800-668-6868.

WHY ME?

You have the power to help stop bullying.

- Choosing to do something is about being a good friend.
- Getting help means that you're a part of the solution.

Remember:

- Tattling is what you do to get someone into trouble. Telling is what you do to get someone out of trouble.
- Physical fighting makes things worse.
- You can help to make your school a safer place!

I'VE BULLIED

Maybe you'd like to stop? If so, we can help!

Congratulations on trying to make this positive change.

DO SOMETHING

- Talking to a safe adult may help you feel better. Together, you can work on ways to get along better with other kids.
- Set goals. Take it one step at a time. Try saying to yourself, "Today I'm going to try extra hard to be nice to other kids."
- Use your energy in other ways. Play sports or try another activity.
- Stay away from other kids who pressure you to bully.
- Tell the kids you've bullied that you're sorry. If it's too hard to say, you can write them a note.



If you're a young person who's struggling with a problem, big or small, you can always contact Kids Help Phone. We're free, anonymous, confidential and available 24/7.

1-800-668-6868

KidsHelpPhone.ca

Download our free chat app.