



# What You Need To Know

Teens > Bullying



## WHAT IS BULLYING?

**Bullying is when someone uses their power to hurt, frighten, exclude or insult someone else.**

### BULLYING:

- usually happens between peers and usually happens more than once
- is almost always done on purpose (though sometimes the person doing the bullying may think and say “it’s just a joke”)

### HERE ARE SOME OF THE TYPES OF BULLYING:

- Physical bullying: harassing someone by hitting, shoving, tripping or any other use of physical force.
- Emotional or psychological bullying: harassing someone with verbal attacks, hurtful comments, name-calling or teasing.
- Social bullying: harassing someone by excluding them, spreading rumours or giving them “the silent treatment.”
- Discriminatory bullying: harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them “different.”
- Cyberbullying: harassing someone over social media, text, email, websites and other digital channels.

Bullying often involves the abuse of social power (popularity, influence, etc.) to harm a person or their reputation.

## 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.

### If you're being bullied

No matter what, it's not your fault. You can take steps to protect yourself and stop bullying — wherever it's happening.

## WHAT TO DO

### Report it

Reporting bullying isn't tattling — it's about your safety and the safety of others.

### Get support

Try opening up to people you trust about what you're going through, and ask them for help.

### Stay safe

If you need help coming up with a plan to keep yourself safe, you can always contact Kids Help Phone at KidsHelpPhone.ca or 1-800-668-6868.

### Take care of yourself

It's stressful to experience bullying, so try to be kind to yourself. Find activities that make you feel good such as journaling, listening to music or being in nature.

## BYSTANDERS CAN HELP!

People who witness bullying are called bystanders. Standing around and watching bullying sends a message to the bully that you're OK with their behaviour. Laughing, encouraging the bullying behaviour or joining in can be really damaging to the person experiencing the bullying.

## Here's how bystanders can make a difference:

Most of the time, bullying stops in less than ten seconds when a bystander speaks up.

- Young people are more likely to convince each other to stop bullying than adults are.
- If you step in, other people are more likely to step in, too. Most young people disapprove of bullying — they're just waiting for someone else to take the first step to stopping it. Remember, you should only step in if it's safe to do so.
- The more people who take a stand against bullying, the safer your school or community will be for everyone.

## I DON'T KNOW WHAT TO DO

If you're unsure how to stop bullying when you see it, a Kids Help Phone counsellor can help you brainstorm ways to intervene in bullying situations. Call us 24/7 at 1-800-668-6868. It's free and always confidential.

Ways you can help:

- If you feel safe, talk to the person who's bullying privately, and ask them what's going on. Let them know you're aware of the bullying and that it's not OK.
- If you see someone being bullied online, report it.
- It's important to tell a teacher or other safe adult if you're afraid for your safety or someone else's. If someone is being physically harmed, you can call the police or 911.

## IF YOU THINK YOU'RE BULLYING OTHERS

- Acknowledging that you have a problem is an important step toward taking responsibility and changing your behaviour.
- You can change! Lots of people who bully others learn how to behave differently, and have healthy friendships with other people.

## GROUP BULLYING

A lot of bullying occurs in group situations. Sometimes, you may be involved in group bullying without really knowing who started it, or why you're doing it.

Here are some things you can try:

- **Walk away:** the next time your group is bullying others, try walking away or telling the rest of the group to stop.
- **Talk it out:** explain to the group that you don't want to be involved anymore, and tell them that the next time it happens, you'll take a stand.
- **Switch things up:** suggest new activities for you and your friends to do together. A change of environment or a new group activity — such as a sport — could be a good way to focus on something positive.
- **Move on:** if your friends don't accept your decision to stop taking part in the bullying, it may be time to end the friendship. Try to focus on making new, healthy friendships.



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.