



# 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.



**DOWNLOAD THE ALWAYS THERE APP** to chat for free on your iOS or Android device.

### 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.