

If you are a victim of bullying (cont.)

- If the adult doesn't take action, tell another adult. Keep telling until you are safe.
- If you're afraid to talk to an adult on your own, ask a friend to go with you.
- Stay close to students you can count on to stick up for you.
- Go to areas where you feel safe.
- Ask for help to learn and practise assertive responses and behaviours.

If you are bullying others:

- Talk to a caring adult who can help, including a parent, caregiver, teacher, coach, guidance counsellor, social worker or/ & a child and youth worker. They can help you find ways to get along with others.
- Set goals each day to make it easier not to bully (e.g., "Keep cool", "Today I'll help others, rather than hurt them").
- Ask a friend to help you stop if you start to bully others.
- Find positive ways to use your power.
- Understand that you may not like everyone around you, but you do have to treat others with respect.
- Appreciate others' differences. Different doesn't mean better nor worse than you.
- Put yourself "in other students' shoes". Would you like to be picked on, put down or left out?
- Know that if other students watch and laugh, it doesn't mean they like it when you bully.
- Use restorative practice strategies with the students you have bullied.

Resources:

www.cyberbullying.ca — helpful advice for victims of cyber bullying and those trying to help them

www.edu.gov.on.ca/eng/safeschools—the Ontario Ministry of Education site for safe and accepting schools

<https://www2.gov.bc.ca/gov/content/erase>
ERASE: expect respect and a safe education—British Columbia website for young people

www.kidshelpphone.ca— provides toll-free, 24-hour anonymous phone counseling to young people

www.prevnet.ca— Canada's foremost site for research and support for families, students and educators

www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/youth - Canadian Red Cross supports and resources for youth

<https://www.unicef.ca/en/blog/tags/bullying>
Unicef Canada website on bullying for youth



Strategies for Elementary Students: Supporting friends involved in bullying behaviour

Bullying is a serious issue in which everyone has a role. There are a number of responses that young people can choose as bystanders, as friends of the person being bullied or as friends of the person demonstrating bullying behaviour. We need to work together to create and maintain healthy relationships and stop incidents of bullying behaviour.

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness and patience.





Understanding Bullying Behaviour

Bullying is a relationship issue, typically repeated in nature, where an individual or a group uses power aggressively to cause distress to another individual. It is a disrespectful relationship that requires relationship solutions.

Young people who bully are learning to use power and aggression to distress others. This can lead to increasingly negative consequences. Those who are victimized become increasingly powerless and may find themselves trapped in abusive relationships. Both need the support of friends and adults to get the best kind of help needed.

The power imbalances that influence bullying behaviour may be based on:

- physical advantages such as size, age &/or strength
- social advantages in the peer group such as popularity or strength in numbers
- Cognitive and learning differences
- Socio-economic status
- Intolerance for any targeted differences (real or perceived)

Bullying can take many forms, including:

- **Physical bullying:** hitting, kicking, shoving, spitting, stealing, damaging another student's property, etc.
- **Verbal / non-verbal bullying:** name-calling, mocking, hurtful teasing, humiliating or threatening another student, racial comments or sexual harassment, etc.
- **Social bullying:** excluding other students from the group, gossiping or spreading rumours, damaging friendships, etc.
- **Cyber bullying:** the use of electronic media to bully others such as:
 - ⇒ using email, text messages and social media to threaten, harass, embarrass, humiliate, socially exclude, damage reputations and friendships .
 - ⇒ Taking photos, videos and images that can be shared or/& posted online.
 - ⇒ obtaining passwords to private accounts and sending or posting in another person's name.
 - ⇒ Sharing links of humiliating, embarrassing, harassing, threatening or damaging content for others to view.

If you see someone who is being bullied:

- Talk to an adult who can help, such as a parent/caregiver, teacher, coach, guidance counsellor, chaplain, social worker or child and youth worker.
- Remember that 'telling' is not 'tattling'. 'Telling' or 'reporting' is an important way to get help for yourself or for others.
- The best thing you can do for a student who is being bullied is to be their friend.
- Invite students who are bullied to play/hang out with you somewhere else.
- Tell kids who bully to stop! Stand up for students who are being bullied if you can do so safely. Ask others to help you speak out against bullying if it's hard to do on your own. If unsafe, report to a caring adult.
- Speaking out helps, bullying back doesn't.
- Comfort the student being bullied and make it known that what happened was not fair, nor deserved.
- Walking away and getting help, makes you part of the solution. Staying and watching, (being a bystander) makes you part of the problem.

If you are the victim of bullying:

- If it's hard for you to stand up for yourself, try to ignore the bullying and walk away. Then tell someone who can help, like a friend or a trusted adult.
- Talk to someone who can help, like a parent/caregiver, teacher, coach, guidance counsellor, social worker, child and youth worker or other caring adult.