

# Bullying

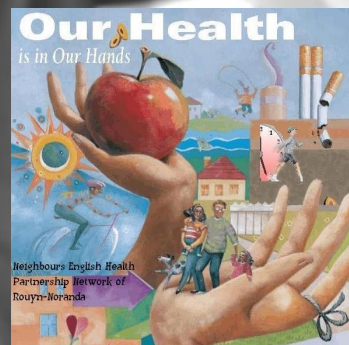
*"Never be bullied into silence.*

*Never allow yourself to*

*be made a victim.*

*Accept no one's definition  
of your life, but define yourself"*

*-Harvey S. Firestone*



**It hurts...  
Inside & out**

The cycle of bullying often begins between the ages of 4 and 11 when children are forming their own social identities at school and through other activities.

## Bullying (Ages 4-11)

### The different kinds of bullying

Hitting— Kicking— Punching— Pushing  
Shoving— Stealing

### Verbal

Insults - Name-calling - Threats  
Comments about how someone looks or talks -  
Comments about someone's ethnicity (culture, colour, religion)

### Social

Gossiping - Rumours - Ignoring -  
Not including someone in group activities

### Results

Can hurt a child's body, damage belongings (clothes, toys, etc) or make a child feel badly about himself or herself.  
Can make a child feel alone and not part of the group.

### What to do

*"As soon as you get bullied, find an adult you trust and tell the adult what happened. It is your right to be safe."*

*"If you are afraid to tell an adult, ask a friend to go with you."*

*"Stay close to friends or children you know will stick up for you."*

*"Stay away from places you know bullying happens."*

*"If bullying continues, walk away and join other children or ask someone for help."*

As children get older, the type and range of bullying behaviour increases. For example, *sexual harassment and dating aggression* typically begin in middle school. *No matter what form it takes, bullying is not a normal part of growing up.*

## Bullying (Ages 12-17)

### Dating aggression

physical or verbal actions including grabbing, pushing, punching, spreading rumours and name-calling.

### Sexual harassment

which occurs when a person or group hurts another person by taunting or discussing sensitive sexual issues, creating sexual rumours or messages, making homophobic comments, name-calling and initiating unwanted sexual touching.

### Ethnoculturally based bullying

includes any physical or verbal behaviour used to hurt another person because of his or her ethnicity (culture, colour, religion).

### Advice for teens

Although situations concerning bullying often differ and vary depending on the incident, some common guidelines for teens to follow are:

**Ignore the bully** -- Bullies look for big reactions, so ignore threats, walk away and go to a place of safety.

**Stand up for yourself** -- Tell the bully to stop in a loud and firm voice, and walk away.

**Don't bully back** -- Physically fighting back satisfies the bully and is dangerous because you could get hurt .

**Tell an adult** -- Anyone being bullied or who sees someone being bullied has to tell an adult. *It's not tattling, ratting or snitching*: calling out a bully isn't telling on someone for something small -- bullying is wrong and it helps everyone if it is stopped.

## Cyberbullying

Cyberbullying refers to the use of communication technologies (e-mail, cell phones, Internet sites and instant messaging) to physically threaten, verbally harass or socially exclude an individual or group. Using these technologies to distribute damaging messages and pictures allows bullies to remain anonymous and bullying to become widespread.

Preventing cyber bullying before it starts makes it more difficult for you to be bullied. To start with, be careful with your online connections. Only add people you know to buddy lists, social networking profiles and blogs. In addition, set filters high on email, and avoid community chat locations without some sort of security in place. Do not give your mobile number out to people who aren't your friends.

### The following are simple tips that can go a long way to stop a cyber bully.

- Tell someone what is happening.
- Use blocking features.
- Adjust your security settings
- Threaten action. You can call law enforcement and document everything
- Report them to the site, to the school, to your parent or to law enforcement agents