

# BULLYING PREVENTION

## WHAT IT IS

**Bullying** is unwanted repetitive deliberate acts which involve an imbalance of power to cause verbal, emotional, social or physical harm.

Child who is bullied may demonstrate significant levels of anxiety, low self-esteem, depression, and may experience physical ailments. May refuse to go to school.



## WHAT IT LOOKS LIKE



- **Verbal**- Saying/ writing mean things - Teasing, name-calling, taunting, Inappropriate sexual comments
- **Social**- Hurting someone's reputation/relationships - eg. Spreading rumors about someone, leaving someone out on purpose
- **Physical**- hurting a person's body/ possession- hitting, spitting, pushing, making rude/mean hand gestures
- **Cyber**- Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else.

## STEPS TO TAKE AGAINST BULLYING

**RECOGNIZE**- To recognize bullying, ask yourself Is what I am observing is fair? Is it happening over and over again? Are they using power to hurt someone

**REFUSE**- If you feel safe when the bullying is happening, use assertive words to stop the person from hurting you. If you feel trapped/ unsure, You can also walk away calmly and join another group. Also refuse to just watch and be a bystander to an incident of bullying.

**REPORT**- If you feel you or someone is being bullied, and refusing does not help, talk to an adult you trust and report such incident. If you feel someone is unsafe, report it immediately.



## ALWAYS REMEMBER

- Bullying is never ok
- Standup for what is right
- Everyone is special
- Think before you speak
- Be a buddy not a bully



Learn more about children's Mental Health at [www.mygoodbrain.org](http://www.mygoodbrain.org)