

What is bullying?

- ♦ There are many kinds of bullying. Examples are:
 - Saying mean things
 - Hurting with words or actions
 - Making fun of someone
 - Making someone do something against their will
 - Leaving someone out
 - Getting people to stop liking someone
- ♦ Bullying can happen face-to-face, behind someone's back, or through the use of a computer, phone or other electronic device (cyberbullying).
- ♦ We don't have to be friends with everyone, but bullying hurts others and is wrong.
- ♦ Everyone has the right to be safe and to be treated with respect.



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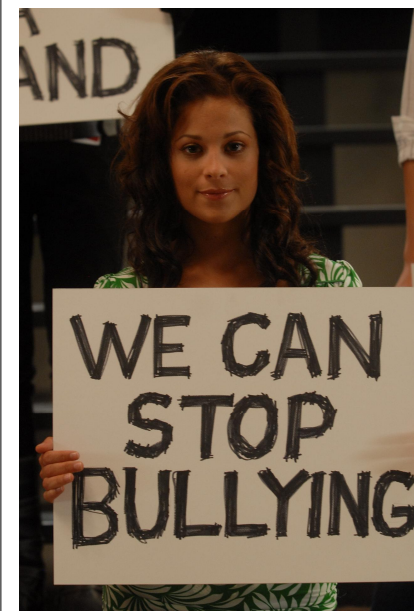
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stand UP!™

Bullying Prevention Tips for Kids



What to do:
When you see bullying...
If you are bullied...
If you are bullying others...



When You See Bullying...

In most bullying situations there are bystanders who watch. When bystanders stand up instead of standing by, the bullying almost always stops.



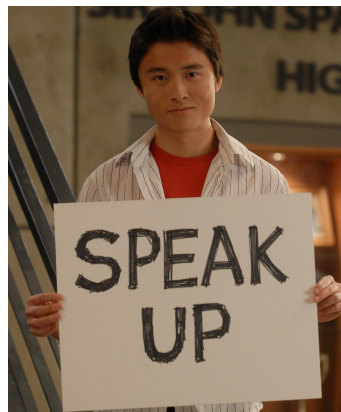
Here are some ways to stand up to bullying:

- Tell the kid who is bullying to stop, be firm but show respect – fighting back usually makes the problem worse.
- Give attention and support to the kid who was bullied. Tell that person, “What happened to you isn’t right and you don’t deserve it.”
- Report the bullying to a responsible adult, for example, a teacher, coach, or group leader. Remember ... telling is not tattling.
 - ◇ Telling is what you do to get someone out of trouble
 - ◇ Tattling is what you do to get someone into trouble

If You Are Bullied...

Tell someone! Tell your parent, teacher, principal, coach, group leader, or any adult you trust. Tell a friend. The best way to stop bullying is to tell someone who will help you find a lasting solution.

- Talking about being bullied can help you feel better, even if it is hard to do.
- When teachers, coaches, and group leaders know about the problem they can find solutions that stop kids from bullying.
- Talking about it can help you decide what you can do to solve the problem. For example, you might:
 - ◇ Stay close to other kids or adults who will stick up for you
 - ◇ Practice staying calm on the inside and looking confident on the outside
 - ◇ Ignore the bullying and just walk away



- ◇ Tell the person to stop bullying, but don’t fight back; fighting back usually makes things worse
- ◇ Use humour, crack a joke

If You Are Bullying Others...

Many kids bully because it seems funny, or exciting, or it makes them feel powerful. Here are some things to think about because bullying is wrong:

- What other ways can you have fun, find excitement and feel powerful without hurting others?
- Some kids bully because they got bullied in the past, so they think it is fair to bully other kids in the present. Remember, two wrongs don’t make a right. You didn’t deserve to be bullied, and neither does anyone else! Bullying another person cannot change what happened to you.
- Some kids join in on bullying because their friends are doing it. Put yourself in the shoes of the kid who is being bullied. Imagine the hurt, fear, embarrassment, and anger. Bullying is destructive – these feelings can cause serious and long-lasting harm.

