

Be kind. Always. Bullying. It's against the law. Don't bully. Bullying isn't a joke. Bullying: it's no joke. Bullying: it's not a friend, not a bully. Bullying. It's against the law. Be kind. Always. Don't bully. Bullying is against the law. Bullying: it's not a friend, not a bully. Bullying. It's against the law. Be kind. Always. Don't bully. Bullying is against the law.



BULLYING

WHAT IS BULLYING?

Bullying happens when there is an imbalance of power; where someone purposely and repeatedly says or does hurtful things to someone else. There are many different forms of bullying including: physical, verbal, social, psychological and cyberbullying. Some examples are:

- name calling, teasing
- hitting, punching
- stalking



Over 80% of the time, bullying happens with peers around.*



57% of the time, bullying stops within 10 seconds when a bystander steps in.*

*According to the Canadian Red Cross

WHAT IS CYBERBULLYING?

Cyberbullying involves the use of communication technologies (social media, texting, Internet) to intimidate or harass others. It can be anonymous and follow a victim everywhere, 24 hours a day, 7 days a week. Some examples are:

- online harassment
- trolling
- fake accounts
- sharing private pics without consent

BULLYING CAN LEAD TO...



- Depression
- Loneliness
- Social anxiety
- Stress-related health problems
- Embarrassment



- Low self-esteem
- Trouble sleeping
 - Low grades
- Skipping school
 - Aggressive behaviour



- Detachment from family and friends
- Self-harm
- Contemplating, attempting, or committing suicide

BULLYING CAN BE ILLEGAL*:



ASSAULT

Threats or acts of violence and bodily harm.



DEFAMATORY LIBEL

Spreading rumors about someone.



IDENTITY THEFT/ FRAUD

Creating a fake profile to ruin one's reputation.



UTTERING THREATS AND EXTORTION

Threatening to share someone's personal information to others if they don't do what you want them to do.



CRIMINAL HARASSMENT

Constantly sending mean or threatening messages that make someone fear for their safety.



CHILD PORNOGRAPHY

Sharing intimate pics and videos of minors (under the age of 18).

*According to the Criminal Code of Canada

IF YOU EXPERIENCE BULLYING, YOU CAN:

- ✓ Not respond to texts or e-mails.
- ✓ Unfollow or block the user.
- ✓ Adjust your privacy settings.
- ✓ Take a screenshot and report the problem to the website or app admin.
- ✓ Talk to someone: a parent, friend, police officer or trusted adult.

IF A FRIEND EXPERIENCES BULLYING, YOU CAN:

- ✓ If comfortable, stand up for them! Try not to be a bystander.
- ✓ Speak to someone: a parent, teacher, school counselor, police officer, or trusted adult.
- ✓ Listen to your friend and provide them with support. Be by their side.

RESOURCES

RCMP CENTRE FOR YOUTH CRIME PREVENTION
rcmp-grc.gc.ca/cycp-cpcj

KIDS HELP PHONE
kidshelpphone.ca
1-800-668-6868

CANADIAN CENTRE FOR CHILD PROTECTION
NeedHelpNow.ca
Cybertip.ca

CANADIAN RED CROSS
redcross.ca/respecteducation



The effects of bullying can last a lifetime.