

Just about everyone gets bullied or picks on another person at some time in their life. But it's wrong. No one deserves to be bullied. It hurts too much. But you have the power to do something about it.

What is Bullying?

Bullying usually means hitting, shoving, chasing, or threatening another person. But there are other things people do to each other that also hurt. When kids tease another person or tell lies about them, that's bullying, too. So is name-calling. Not letting another person play or join the group is another way kids hurt others.

Facts about bullying

- Studies in several countries have shown that at least 15% of students in schools are involved
- About 9% are victims
- About 7% are the ones bullying
- More students in younger grades are victimized
- Boys are more likely to be bullied than girls

Everyone has rights and responsibilities.

Your rights are:

- Be treated fairly and with respect
- Feel safe
- Be included in groups and activities
- Say 'no' to unwanted behavior
- Ask for help when you need it

Ratting vs. Telling : there's a difference!

- Ratting is done to get others in trouble
- Ratting hopes to create a problem for someone else
- Telling is done to get help, to take care of yourself or someone else
- Telling tries to solve a problem



Bullying



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What To Do If Someone is Bullying

If you are being bullied, you probably feel scared and alone. But remember, you don't deserve this. It's the person who hurts others who has the problem. Not you. Here's what to do if you are being bullied:

Be Confident

Talk to the person who is bullying you. Look him or her straight in the eye and say, "Stop." If the bully continues to tease you, ignore it and walk away immediately. Walk tall and be confident. Remember, a person who bullies wants to see you scared. If you just walk away then the bully may get bored and stop. This may be hard at first, so you might want to practice in front of a mirror. For example, if you are being teased about your hair color, you might just say, "Yes, my hair is very red, and I like it that way." Then walk away.

Find a friend

If you are being bullied, make sure the bully doesn't find you alone. Try not to go places like the washroom alone. Try to have a friend with you at times when you may meet this person. Or just make sure you're around other kids, even if they aren't your friends.

Don't fight back

Try not to fight back. Most people who bully are bigger than the people they pick on, so you could get hurt. Or, if you get angry and strike out, you could get blamed for starting the trouble. Using violence to stop violence is wrong.

Don't protect your belongings

If the bully demands that you give up your money or something else that belongs to you, hand it over and walk away. It's not worth getting hurt over.

Tell an adult

Tell your parents and someone at school you trust, like a teacher or your principal. Don't be embarrassed to ask for help. Remember, bullying is wrong and you shouldn't have to put up with it. When adults know about it, they can help you stop the bullying.

Keep notes

Keep a notebook and write about each time you are bullied. Your notebook will help you prove what has been happening.

Build up your confidence

Remember that you are good at many things and are an important person. Feeling good about yourself is the best defense against those who bully.

What to do if you see someone being bullied?

Tell the bully to stop.

Look the bully in the eye and say you don't like what they're doing.

Go for help

Run to get a teacher or another adult.

Include the victim

Try to be friendly to the person being bullied so they won't feel so alone. Invite them to play or eat lunch with you and your friends. Remember, there is strength in numbers.

Have you seen someone bullying another kid?

Is someone bullying you?

Are you picking on someone else?

