

LET'S MAKE IT STOP!

IF YOU ARE BEING TARGETED,

- ▶ Remember it is not your fault, and there's nothing wrong with you — no one deserves to be bullied or harassed!
- ▶ Tell an adult you trust. They can give support and help stop the bullying or harassment. If no one helps you, keep telling until you do get help.
- ▶ Have a teacher or an adult help you with a safety plan if the bullying is making you afraid or very upset.
- ▶ Take a stand:

KEEP YOUR COOL - and walk away. Using insults or fighting back will make the problem worse.

USE HUMOUR - say something funny and make them think you don't care.

BE ASSERTIVE - look confident and let the youth who are bullying know that they need to stop what they are doing.

▶ Hang out with friends that you know will support you, and work together to speak out against bullying and harassment.

IF YOU SEE THAT SOMEONE IS BEING BULLIED OR HARASSED,

- ▶ Stand up for your friends who are targeted.
- ▶ Refuse to go along with bullying or harassment — youth who laugh, agree or cheer only encourage the behaviour. Instead, take the side of the youth who is being targeted.
- ▶ Report what you see or hear to an adult.
- ▶ Ask your school to form an anti-bully-

ing committee with representation from teachers, parents and students.

IF YOU ARE BULLYING OR HARASSING SOMEONE,

- ▶ Stop the aggressive, controlling behaviour.
- ▶ Take responsibility for your actions.
- ▶ Treat people the way you want to be treated.
- ▶ Learn how to be a good friend.
- ▶ Talk to someone about how you feel and ask for help.

FOUR STEPS TO STOP CYBERBULLYING:

- 1. STOP** / Don't try to reason with or talk to someone who is cyberbullying you.
- 2. BLOCK** / Use the block sender technology to prevent the person from contacting you again.
- 3. TALK** / Tell a trusted adult, inform your school, use a help line and/or report it to police.
- 4. SAVE** / Save any instant messages or e-mails you receive from the person bullying you, or capture any comments or images that have been posted online.

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REMEMBER

- ▶ It's not your fault!
- ▶ You have the right to be treated with respect and feel safe!
- ▶ If you need help, talk to someone you trust. If they don't help you, tell someone else!
- ▶ You can help stop bullying and harassment! Find out about issues affecting youth around the world and take action!

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BEYOND THE HURT

LET'S MAKE IT STOP
EVERYONE DESERVES TO BE SAFE
FROM BULLYING AND HARASSMENT



WHAT IS POWER?

POWER is about having choices about who you are and what you do; it is the ability to make something happen.

*Everyone has the **power** to either help or hurt others.*

WHAT ARE BULLYING AND HARASSMENT?

- ▶ Bullying and harassment are misusing power in order to degrade, intimidate, humiliate, or offend another person.
- ▶ Harassment is discrimination that involves characteristics protected by Canada's Human Rights Act—race, ethnicity, religion, age, sex, family status, disability and sexual orientation.
- ▶ Sexual harassment is unwelcome behaviour based on sex or sexual orientation. Examples are:
 - making sexual advances in-person or online towards someone who doesn't want them
 - sexual jokes that make someone feel uncomfortable
 - calling people "gay" or "lesbian" as an insult
 - saying offensive things based on people's sexual orientation.
- ▶ Bullying is mean, hurtful, cruel behaviour that is not based on discrimination.
- ▶ Bullying and harassment can be:
 - PHYSICAL** - touching someone in a way they don't want, or using (or threatening to use) violence against them
 - VERBAL** - taunting, insulting or laughing at someone
 - RELATIONAL** - starting nasty rumours about someone or not letting them hang out with you or your friends
 - CYBER** - using the Internet to give unwanted messages to someone, mock them or ruin their reputation.

WHY DO PEOPLE BULLY AND HARASS?

- ▶ get attention
- ▶ feel important
- ▶ feel power
- ▶ get their own way
- ▶ feel better about themselves by making others feel worse
- ▶ control their friendships (who is included/excluded).

REASONS TO STOP BULLYING AND HARASSMENT

Youth who are targeted may experience...

- ▶ anxiety
- ▶ low self-esteem
- ▶ anger
- ▶ sadness
- ▶ fear
- ▶ loneliness
- ▶ isolation
- ▶ problems with relationships
- ▶ problems with schoolwork
- ▶ increased shyness
- ▶ sleeplessness
- ▶ health problems
- ▶ eating disorders
- ▶ risky sexual behaviour
- ▶ self-cutting/harm
- ▶ suicide

Youth who bully/harass may experience...

- ▶ loneliness/isolation
- ▶ depression
- ▶ difficulty controlling aggression
- ▶ poor/weak friendships and other relationships
- ▶ increased risk of criminal involvement later in life
- ▶ difficulty in school and work
- ▶ poor mental health
- ▶ suicide

Youth who see others being bullied/harassed may experience...

- ▶ anger
- ▶ fear
- ▶ helplessness
- ▶ anxiety
- ▶ guilt
- ▶ feeling unsafe

HELP IS AVAILABLE!

You can contact...

- ▶ An adult you trust: _____
- ▶ CYBERTIP.CA
- ▶ Local crisis line: _____
- ▶ Kids Help Phone: 1.800.668.6868 (free, 24-7) kidshelpphone.ca (free, 24-7)

YOU HAVE RIGHTS!

- ▶ To be treated fairly and with respect
- ▶ To be included
- ▶ To feel safe
- ▶ To be protected from bullying, harassment and abuse
- ▶ To say "No" to behaviour you don't like or want

YOU HAVE RESPONSIBILITIES!

- ▶ To treat others with respect
- ▶ To not exclude others
- ▶ To help protect others
- ▶ To not misuse your power by participating in bullying, harassing or abusing behaviours
- ▶ To listen to and honour people when they say "No"