

# BULLYING

Bullying is not okay!

## What is bullying?

Bullying is when someone keeps doing or saying things to have power over another person.

"Power" can be: emotional, verbal, sexual, physical, financial, psychological

### Verbal

- Name calling, threats.
- Sending hurtful emails or texts.
- Discriminating against someone.
- Swear or abuse words.
- Writing notes.

### Physical

- Punching, scrapping.
- Repeated rude gestures or looks.
- Pushing, spitting, throwing things, hurting others.

### Intimidation

- Using looks, actions, expressions.
- Loud voices to intimidate or mock.
- Smashing things.
- Destroying property.

### Emotional

- Put-downs.
- Not listening, insulting, sarcasm.
- Negative feedback.
- Mind games.

## What to do if my child is being bullied

### If your child is being bullied

- Take them seriously and listen to what they have to say.
- Encourage them to talk to you or someone they can trust.
- Urge your child to calmly walk away when the bullying occurs.
- If it is on a cellphone or website, save it & report it to the phone company or internet provider. Sway your child from going to places that they feel unsafe.
- Assist your child in finding safe places to go, such as home, a friend of the family's place, police or school counsellor.
- Encourage your child to stick with their friends and not to become vulnerable to bullies by being alone.
- Contact Youthline for help.

### OR I know someone who is the bully

- Talk to them, if you can explain that bullying is not OK.
- Talk to them, try to get the bully to understand what it's like for the people they are bullying.
- Talk to others and try and explain the situation.
- Talk to those around the young person to get a different perspective, such as their teachers, friends.
- Talk about what they think might help them to stop bullying.
- In some cases, parents can help by controlling their own behaviour.
- Praise them when they do something well, and give them encouragement.
- Consider an anger management programme from a trained professional.

