

## DID YOU KNOW?

85% of bullying happens in front of peers, and as a result, peers have the most power to make a positive change!

### How to Talk to a Bully

If you cannot, or do not want to ignore the bully, then try the following. Using a calm voice and good eye contact...

- tell the bully what you do not like
- tell the bully how his/her behaviour makes you feel
- tell the bully what behavior you want

### Resources for Kids:

**Kids Help Phone**

1-800-668-6868

**Bullying Website**  
[www.bullying.org](http://www.bullying.org)

## WHAT CAN YOU DO IF YOU WITNESS BULLYING?

- Do not show support for the bully by laughing, cheering or joining in.
- Don't give the bully an audience, walk away.
- Support the victim, not the bully.
- Talk to a trusted adult if you have a concern about a friend or classmate.
- Learn more about bullying and its effects.
- Take the attitude that bullying is not OK.

# BE A BUDDY



# NOT A BULLY



**BRANDON SCHOOL DIVISION**

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# A Kid's Guide to Bullying

threats  
name-calling  
abuse  
intimidation  
social-media  
cyber-bullying  
discrimination



## DID YOU KNOW?

- Bullying occurs every 7 seconds and lasts about 37 seconds.
- By age 24, 60% of identified bullies have a criminal record.
- Most bullying goes unreported.
- The effects of bullying can last a lifetime.

## WHAT IS BULLYING?



### BULLYING CAN BE DONE USING . . .

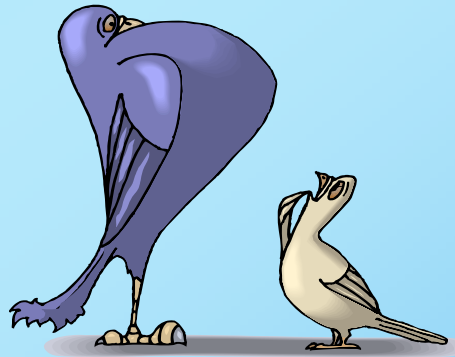
- verbal actions, such as threatening, taunting, teasing, or name calling.
- physical actions, such as hitting, pushing, kicking, pinching, restraining.
- indirect actions, such as intentionally leaving someone out, gossiping, spreading rumours, making someone uncomfortable or scared.
- Cyber-bullying, such as hurtful Internet images, social media, text messaging, and email

HERE'S A WEBSITE THAT GIVES GREAT  
INFORMATION ABOUT BULLYING:  
[WWW.MANITOBA.CA/STOPBULLYING](http://WWW.MANITOBA.CA/STOPBULLYING)

## HOW DO YOU KNOW IF YOU ARE BEING BULLIED?

### DO YOU REPEATEDLY . . .

- get teased in a mean way?
- get made fun of and laughed at in an unfriendly way?
- get picked on, pushed around, shoved, punched, hit or kicked?
- have your books, money or other belongings taken, damaged, or scattered around?
- have bruises, injuries, cuts, scratches or torn clothing?
- spend a lot of time alone, feel left out or excluded by your peers?



**Bullies try to make themselves feel better & more important than the person they are picking on!**

## WHAT CAN YOU DO TO PREVENT BEING THE VICTIM OF A BULLY?

### TELL SOMEONE !!

#### MAKE ADULTS AWARE:

If you are being bullied, talk to an adult you trust, like a parent, teacher, principal or guidance counsellor.

#### DO NOT LOOK LIKE A VICTIM:

Stay calm with your head up, shoulders back, eyes straight ahead with an unconcerned facial expression.

#### IGNORE THE BULLY:

Do not look at or talk to the bully. Walk away quickly and do something else.

