

ADVICE FOR YOUTH

POWERED BY SYSTEMS 24-7

WHAT IS BULLYING?

Bullying is hurtful, cruel behaviour directed at another individual with the intention to harm, intimidate or pressure them.

THERE ARE DIFFERENT FORMS OF BULLYING, EACH ARE EXPLAINED BELOW.

Physical: Touching someone in a way they do not want or using (or threatening to use) violence against them.



Verbal: Taunting, insulting, or laughing at someone else's misfortune are examples of verbal bullying.



Cyber: Using the internet to send unwanted messages to someone, mock them, or ruin their reputation.



Person #1
OMG!! What do you guys think of the new girl??

Person #2
She seems really weird 🤔

Person #1
Right?? She hardly said anything when introducing herself.



Person #1
OMG!! You guys, who added her to the group??



Social: Starting nasty rumors about someone or not letting them hang out with you or your friends.

IF YOU ARE BEING TARGETED:

Bullying is not a normal part of growing up. Even so, many people have or likely will experience some form of bullying in their lifetime. If you have or are currently experiencing a form of bullying, it is important to remember it is not your fault and there is nothing wrong with you and you should report the bullying to an adult or someone with authority, such as a teacher or principle.

WHAT TO DO IF YOU OR SOMEONE ELSE IS BEING BULLIED:

Stand up for those who are being bullied and surround yourself with friends who will support you and speak out against bullying.

If you do happen to see your friends bullying someone, do not cheer them on. Instead, encourage them to stop and take the side of the individual being bullied.

By surrounding yourself with positive friends, it will help boost your self-confidence, happiness and help reduce stress.

Having these positive influences in your life will make coping with traumas caused by bullying a lot easier, as you will have a group of individuals who care and will support you.

WHY DO PEOPLE BULLY AND HARASS?

- Get attention
- Feel important
- Feel powerful
- Get their own way
- Feel better about themselves by making others feel worse
- Control their friendships (who is included/excluded)

INDIVIDUALS WHO ARE TARGETED MAY EXPERIENCE:

- Anxiety
- Low self-esteem
- Anger
- Sadness
- Loneliness
- Isolation
- Problems with relationships
- Problems with schoolwork
- Increased shyness
- Sleeplessness
- Health problems
- Eating disorders
- Risky sexual behaviour
- Self harm
- Suicide