

PREVENTING BULLYING TIPS FOR YOUTH



FOR THOSE WHO ARE EXPERIENCING BULLYING

- Talk to an adult that you trust, and don't be afraid to ask a friend to go with you.
- Spend your time with friends who you can count on to support and stick up for you.
- Appear confident and let the person doing the bullying know that it is not OK.
- Try to stay calm, and do not react to the bullying.
- Stand up for yourself without being aggressive; violence only makes things worse.
- Remind yourself that you do not deserve to be bullied or harassed.
- To get help, call the Kids Help Phone **1-800-668-6868** or **kidshelpphone.ca**.

FOR THOSE WHO ARE BULLYING

- Talk to someone you trust who can help you find ways to have healthy relationships.
- Get a friend to tell you to stop when they notice you are starting to bully others.
- It's OK to not like everybody, but you do have to respect everybody.
- Respect differences and do not judge.
- Try to understand what it would feel like if you were bullied.
- If you are unsure of how to apologize after you have bullied, ask a teacher or a friend for help.
- Although other kids might laugh and watch while you bully, it doesn't mean they think it is OK.
- Use your power in a positive way to help others, not to hurt them.

FOR THOSE WHO ARE WITNESSING BULLYING

- Telling an adult when someone is being bullied, and may need help, is not the same as "tattling" on someone to get them into trouble.
- By getting help, you are part of the solution; watching and doing nothing makes you part of the problem.
- If you see somebody who is being bullied, assess the situation; intervene if you feel safe — if not, get an adult to help.
- Ask your teacher or counsellor for effective ways to intervene in bullying situations.
- Talk to the person who has been bullied and let them know that they do not deserve to be treated like that and show them that you care.
- Try to be more inclusive of kids who you know are being bullied; be a good friend.

