

## About Bullying Behaviour

### What is Bullying Behaviour?

- Bullying is an action that is done on purpose
- It involves one person having more power or strength over another
- It is usually done more than once
- It is not wanted by the child being bullied

### There are five types of bullying behaviour:



**Physical Bullying** (hitting, punching)



**Verbal Bullying** (teasing, name calling)



**Emotional Bullying** (spreading rumours, using threatening gestures)



**Social Bullying** (excluding or purposely embarrassing someone)



**Cyber Bullying** (sending threats or insults by e-mail or cell phone text messaging)

Ask about what your child's school is doing about stopping and preventing bullying situations. Bullying prevention is everyone's concern!

### Isn't bullying just a part of "growing up"?

Bullying doesn't have to be accepted as "normal" behaviour. It affects everyone negatively: the child being bullied, the child who bullies and the ones watching (the bystanders).

### Children who are bullied may experience:

- depression and anxiety
- low self esteem
- headaches and stomachaches
- nightmares and trouble sleeping
- a desire to hurt themselves

### Children who bully are more likely to:

- get into frequent fights
- vandalize or steal property
- drink alcohol or smoke
- skip school
- drop out of school

### Children who are bystanders:

- may fear being bullied themselves
- learn to accept bullying as normal if nothing is done

### What can you do as a parent?

- Attend parent-teacher interviews
- Talk to someone if you have a concern
- Go to parent council meetings
- Learn more about bullying at [www.region.waterloo.on.ca/bullying](http://www.region.waterloo.on.ca/bullying)