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)

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)

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

For more information, contact Region of Waterloo Public Health 519-883-2003 ext. 5356