What is Bullying?

• Bullying is an action that is done on purpose;
• One person has more power or strength over another;
• It is usually done more than once; and
• The action is not wanted by the child being bullied.

Bullying Can Look Very Different

- Physical - hitting or punching
- Verbal - teasing or name calling
- Emotional - spreading rumours or using threatening gestures
- Social - excluding a person on purpose, purposely embarrassing a person
- Cyber - sending threats or insults by email or text messaging

How Common is Bullying?

• 15% of Canadian children in grades 1 to 8 report they have been bullied
• 85% of bullying happens in front of others

Boys and Girls Bullying

• Verbal bullying is the most common form of bullying for both boys and girls
• Boys are more likely to be involved in physical bullying
• Girls are more likely to be involved in emotional and/or social bullying

What is Wrong with Bullying?

Children who are bullied may:
• feel bad about them self
• have headaches, stomachaches
• have trouble sleeping
• want to hurt themselves or others

Being bullied can get in the way of students' involvement and learning in school.

Children who Bully

Bullying can be a sign of other harmful behaviour. Children who bully are more likely to:
• Get into frequent fights
• Be injured in a fight
• Steal and damage things
• Drink alcohol and smoke
• Skip school
• Stop going to school

When children who bully become adults, they could be involved in criminal behaviour.

Children who see Bullying

• Children who see acts of bullying may fear being bullied too
• When adults do not stop the bullying, children learn to accept this as normal

Adapted from Health Resources and Service Administration and "Imagine… A School without Bullying"