

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

