What is bullying?

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

Over time, children who are bullied are powerless to stop the bullying on their own.

What does bullying look like?

Bullying behaviours can look very different.

1. **Physical Bullying:**
   (i.e., using your body to hurt others)
   - Pushing, shoving, hitting, spitting, using objects to injure others

2. **Verbal Bullying:**
   (i.e., using words to hurt others)
   - Teasing, threatening, name-calling

3. **Social Bullying:**
   (i.e., using friends to hurt others)
   - Excluding from the group, turning kids against each other, spreading rumors or lies

4. **Cyber Bullying**
   (i.e., using electronic devices to hurt others)
   - Internet & text messages to bully

Why don’t children report bullying?

- Code of silence among children
- Fear of retaliation
- Shame
- Don’t trust that adults will help
- Believe they can or should handle the situation on their own

What can children who are bullied do?

- Tell the child who bullies to stop...bullying is NOT cool!
- Stay calm...fighting back often makes the bullying worse
- Show that they are not upset
- Get funny, not mad- humour shows they’re not scared
- Stay close to children they can count on to stick up for them
- Talk to an adult about the bullying

What can Bystanders do?

- Walk away and get help. If they stay and watch they are part of the problem
- Stand up for kids who are bullied...they can’t always do it themselves
- Invite kids who are bullied to play with them somewhere else
- The best thing they can do for kids who are bullied is to be their friend

What can Adults do to help children stop bullying?

- Ask them how they would feel if they were picked on, beat up or excluded
- Help them to appreciate kids’ differences
- Help them be real leaders...real leaders treat others with respect
- Encourage apologizing for their behaviour
What can you do to help?

- Lead by example...ensure that you are modeling respect and empathy, and use positive conflict resolution strategies
- Establish a code of conduct with the children and outline what is acceptable and unacceptable behaviour
- Create consequences for bullying that teaches positive behaviour (i.e. giving back to the community)
- Make a plan with the child who is being bullied to ensure they feel safe
- Check in with the child being bullied to find out whether the bullying is continuing and if they feel safe
- Structure activities so the child being bullied is surrounded by supportive peers
- Encourage all children to report bullying
- Encourage children who are bullied to participate in activities that build on their strengths
- Be watchful of aggressive behaviour and address it
- Contact the police if a child has been physically assaulted, threatened with physical injury, discriminated against based on race, religion, sex, ethnic background or disability

Most importantly, when a child talks to you about bullying, listen and offer support!

For further information contact:
Region of Waterloo Public Health Youth Health Program
(519) 883-2003

Bullying: What Camp Counsellors and Playground Leaders Need To Know

Every Child Has the Right To Feel Safe!

Adapted from
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