



## 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



## Warning Signs that a child may be bullying others

- ◆ Aggressive and manipulative behaviour
- ◆ Newly acquired possessions (e.g., toys, clothes, \$)
- ◆ Cruel to animals
- ◆ Lack of empathy
- ◆ Aggressive, deviant friends



## Warning signs that a child may be being bullied

- Recent withdrawal from group activities
- Missing or broken possessions
- Unexplained bruises, cuts or scratches
- Isolated from other children (child appears quiet, sad, daydreaming, tired)
- Depressed and/or anxious
- Physical health complaints (e.g., headaches, stomach aches, rashes)
- Newly difficult, irritable, or frustrated
- Disturbed sleep or nightmares
- Lowered self-esteem



## 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



*Every Child Has the Right To Feel Safe!*

Adapted from



Canadian Initiative  
for the Prevention of  
Bullying

Initiative Canadienne  
pour la Prévention de  
l'Intimidation

## Bullying: What Camp Counsellors and Playground Leaders Need To Know



FCR 286