

# Bullying...

1. What is it?
2. Why does it happen?
3. Why should we care about it?
4. What can we do about it?

# What is bullying?

“...is a form of aggression in which there is an imbalance of power between the bully (or bullies) and the victim”

# Another definition...

“...it is conscious, willful, and deliberate hostile activity intended to harm, induce fear through the threat of further aggression, and create terror”

# The four markers of bullying

1. Imbalance of power
2. Intent to harm
3. Threat of further aggression
4. Victim's distress/terror

# The three kinds of bullying...

1. Physical
2. Verbal girl's video
3. Relational



# Why does it happen?

Bullies are powerful

Victims are overpowered

Bystanders play key role

Teachers and parents underestimate how much bullying there is

# Why should we care?

Victims are scared to come to school and fear for their safety

Bystanders align with bullies for protection and status

Bullies learn aggression leads to dominance and status

# Impact on victims...

Ashamed of being bullied

Often afraid to tell others

Anxiety/stress related issues

Academic problems

Afraid of coming to school

Withdrawal

Bullycide/violence against others

# Impact on Bystanders...

For some, aligning with the victim risks  
being the next target

Some are drawn to be bullies and become  
desensitized and aggressive

Some don't know what to do...

# Impact on bullies...

Common mistaken beliefs;

Bullying is a normal part of growing up

Kids who bully will just grow out of it

Kids should always be left to deal with their own conflicts

Research has shown kids **DO NOT** tend to grow out of it...

Elder Abuse

Child Abuse

Marital Abuse

Workplace Harassment

Date Violence

Gang Involvement

Delinquency

Sexual Harassment

Bullying

Normative Aggression

ADULTHOOD <-ADOLESCENCE <-CHILDHOOD

# Victims need support...

They are ashamed of being bullied

Afraid of retaliation

Feel helpless and hopeless

They believe “ratting” isn’t cool

They have bought the lie that bullying is a necessary part of growing up

...and believe that adults are part of that lie

# If you're being bullied...

<http://www.kidshelpphone.ca/en/informed/bullying/victim.asp>

What Is Bullying?

**Physical**  
**Social**  
**Verbal** **Cyber** **Racial**  
**Sexual Harassment**  
**Dating Aggression**

[Learn More](#)

# If you are being bullied...

Talk to someone you trust...

Parent, friend, teacher, counsellor, coach

They can offer support and develop a plan

# If you are being bullied...

Ignore the bully- walk away, make them think you don't care

Laugh it off... humour shows you aren't bothered

Keep your cool... even though you're upset

# If you are being bullied...

Examine your behaviour... is there anything you are doing to influence the bullying

Stay close to the friends you can count on

Stay away from areas where bullying happens

# If you are being bullied...

Act confident... hold your head up, make  
eye contact, walk confidently

Don't suffer alone

# Systemic Principles for Anti-Bullying Interventions

Change must occur with the  
bully, victim, peers,  
school staff, parents and  
community



# The long term...

Recognizes the roles  
and responsibilities  
of bullies, victims,  
peers, teachers,  
counsellor, principal,  
community



# The long term...

Leadership to address  
bullying problems is  
essential for change



# Resources to use...

<http://www.kidshelpphone.ca/en/informed/bullying/victim.asp>

Link for help sheet...

[Billy Talent video](#)