

Anti-Bullying



# What Is Bullying?

Bullying is unwanted aggressive behaviour from school aged children that involves a real power imbalance. It is only bullying if it is repeated behaviour. Kids who bully use their power such as

Physical strength

Access to embarrassing information

Or popularity to control or harm others



Bullying includes actions such as making threats, spreading rumors , attacking someone physically or verbally, and excluding someone from a group on purpose.

- Verbal bullying is saying or writing mean things. Verbal bullying includes teasing, name-calling, inappropriate sexual comments and Taunting.

Social bullying, is hurting someone's reputation or relationships. Social bullying includes leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone and embarrassing someone in public.

## How do you define Bullying?

Bullying is constant misuse of power. This could be online or in person. It can only be defined as bullying if it happens over and over again.

### How is bullying defined?

Intentional behavior, which is typically repeated, that hurts, harms, or humiliates a student, either physically or emotionally, and can happen while at school, in the community, or online.

Those bullying often have more social or physical “power,” while those targeted have difficulty stopping the behavior.

# Signs of Bullying

## Emotional and behavioural signs of bullying

- Changes in sleep patterns
- Frequent tears or anger
- Mood swings
- Feels ill in the morning
- Refuses to talk about what is wrong
- Begins to target siblings

## School signs of bullying

Doesn't want to go to school

Changes their route to school or are frightened of walking to school

Doesn't want to go to school on the bus.

Grades begin to fall.





## More signs of Bullying

- Pain or hurt
- Fear
- Less confident
- Is frightened
- Changes their usual routine
- Attempts or threatens suicide or to run away
- Cries themselves to sleep at night or has nightmares
- Begins to do poorly in school work
- Has possessions which are damaged
- Has cuts or bruises
- Becomes aggressive, disruptive or unreasonable



# KNOW THE SIGNS OF BULLYING

- 1 Unexplainable injuries
- 2 Declining grades, not wanting to go to school
- 3 Difficulty sleeping or frequent nightmares
- 4 Changes in eating habits
- 5 Frequent stomach aches, feeling sick, faking illness
- 6 Sudden loss of friends, avoiding social situations
- 7 Feelings of helplessness or decreased self-esteem

