



Bullying Info



What is Bullying?

Bullying is mean, cruel, hurtful behavior that meets 3 criteria:

1. Intentional
2. Repeated
3. Power Imbalance

Bullying Isn't...

- Single episodes of social rejection or dislike
- Single episode acts of nastiness or spite
- Random acts of aggression or intimidation
- Mutual arguments, disagreements or fights

As adults we must also be responsible to speak up against bullying.

Remember to:

- Refer to the relevant policy against bullying.
- Support the bullied child in a way that allows him/her to regain self-control, to "save face," and to feel supported and safe from retaliation.
- If appropriate, impose immediate consequences for children who bully others.
- Include the bystanders in the conversation and give them guidance about how they might appropriately intervene or get help next time.
- Do not require the children to meet and "work things out".
- Provide follow-up interventions, as needed, for the children who were bullied and for those who bullied.

Cyberbullying Tips

1. Do not respond to/engage in the abuse. No back and forth.
2. Talk to someone about it. Ignoring bullying leads to escalation.
3. Keep records/print off messages if possible, to help identify the bully.
4. If necessary, get a new number, account, give it out to one person at a time and keep a diary to record any abuse. Your tormentor may be closer than you think.
5. Take a break – Unplug.

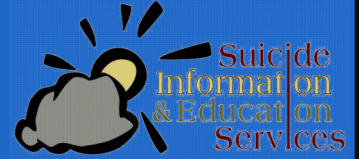
Building Resiliency Skills

1. Develop Empathy – teach children to understand and sympathize with how others feel.
2. Good Communication – teach children to become assertive communicators for win-win situations.
3. Strong Problem Solving Skills – teach children confidence in making good choices.
4. Dedicated to Learning - teach children to be interested in school and increasing their knowledge.
5. Goal Driven – teach children how to set goals and strive for them.
6. Involved in Engaging and Rewarding Activities – teach children a sense of purpose and belonging.
7. Hopeful About the Future- teach children that things change and will get better.
8. Solid Relationship with one or more Adults – teach children to build a support network.
9. Live in a Safe Community – teach children to feel safe and secure.
10. Live in a well- functioning family – teach children how to engage in positive relationships.

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www.suicidehelp.ca



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If you are an aggressor...

- S**top the behaviour
- T**ake responsibility for your actions
- O**pen your mind to finding new ways of relating positively to others
- P**revent situations that influence you to bully.

If you are a target...

- A**void being alone with the person who bullies
- C**all for help
- T**ake a stand –
Tell the person bullying to stop the behaviour
Use humour or walk away
Do not believe negative bullying messages

If you are a witness...

- C**heck the scene for safety
- A**ffirm the person being targeted and speak up against the bullying
- R**etreat — and report the situation
- E**nd the incident by documenting what happened.

Stand up to bullying!

It is ok to ask for help!

Websites

- <http://www.bullyfreealberta.ca>
- <http://www.bullyfree.com>
- <http://www.redcross.ca/what-we-do/violence,-bullying-and-abuse-prevention>
- <http://www.violencepreventionworks.org>
- <http://www.prevnet.ca/>
- <http://safeandcaring.ca/>
- www.education.gov.ab.ca/safeschools
- www.crimeprevention.gov.ab.ca

Local Resource List

24-hour Lines:

Alberta Help Line	1-877-303-2642
Kids Help Phone	1-800-668-6868
Crisis Line	1-800-784-2433
Red Deer Sexual Assault	403-356-1099
Child Abuse Hotline	1-800-387-5437
Central Alberta Women's Shelter	403-346-5643
Native Youth Crisis Hotline	1-877-209-1266
49 th Street Youth Shelter	403-341-3190
Bullying Helpline	1-888-456-2323

Office Hours:

Mental Health Clinic (Walk-In)	403-340-5466
Parkland Counselling (Walk-In)	403-340-8995
Canadian Mental Health	403-342-2266
Red Deer Native Friendship Centre	403-340-0020
AADAC (AHS)	403-340-5274
Red Deer College	
Counselling Services	403-343-4064
Student Support Centre	403-343-4096
Central Alberta AIDS Network Society	403-346-8858
Red Deer Family Services Bureau	403-343-6400
People's Place Shelter (5pm-9am)	403-342-4722
Women's Outreach Centre	1-866-347-2480



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