

STOP  
BULLYING

STAND UP

YOUTH  
TIPS

[stopbullyingnwt.ca](http://stopbullyingnwt.ca)

## Being bullied sucks, but don't blame yourself if it's happening to you.

The good news is you've already started by doing the right thing to address bullying by looking up more information. There are many things you can do to fight bullying - many of which may not be obvious:

- **Stay calm.** Don't provide the reaction your bully is looking for.
- **Don't fight back.** Bullies are typically seeking attention and fighting back might make the situation worse.
- **Tell people you trust.** Adults can help more than you think - if you don't find a supportive adult at first, keep looking until you find someone that will listen and help you.
- **Never share personal information online.** The more information you provide online, the easier it is for targets to find and attack you.
- **Don't respond to cyberbullies,** but don't delete their messages either. In cases of online harassment they may be useful as evidence for the police and internet service providers.

# IF BULLYING BECOMES TOO MUCH TO TAKE

If you feel like you're stuck and don't have anyone to turn to, don't be afraid to pick up the phone and call the Kids Help Phone at 1-800-668-6868. Kids Help Phone is a free, anonymous, and confidential phone and web counselling service.

# BYSTANDERS – DON'T STAND BY. STAND UP!

By doing nothing when you observe bullying, you become part of the problem. You are the audience a bully is looking for.

## Did you know?

Bystanders are present 85% of the time when someone is being bullied. You – more than anyone else – have the power to help those being bullied. Here are a few things you can do to help:

- Identify the type of bullying – it can be physical, social, verbal or cyber
- Speak up – tell the bully their behavior is wrong and that you won't get involved
- Walk away and get help – standing around just brings more attention to the bully
- Put yourself in the shoes of the person being bullied – wouldn't you like help if you were the one being picked on?
- Don't forward any offensive messages about someone
- Don't forward any offensive photos of someone
- Don't spread gossip or tease others
- Don't fight the bully

# TYPES OF BULLYING

Bullies may try to hurt, scare, embarrass, make fun of or intimidate their victims, and they can be anywhere: at school, in church, in your neighbourhood, or even online.

## There are four common types of bullying:

- **Physical:** hitting, tripping, kicking, pushing around, or damaging/stealing personal property
- **Verbal:** insulting, name-calling, teasing, intimidation, homophobic/racist remarks, or verbal abuse
- **Social & Emotional:** lying and spreading rumours, playing mean jokes, mimicking, or encouraging social rejection

## Did you know?

- Girls are more likely than boys to be involved in relational bullying. This type of bullying is hard to recognize because it is typically done behind the child's back, but it is one of the most harmful. Victims are often depressed and do not see a way out of the situation.
- **Cyber:** taunting or humiliation through social media sites (Facebook, Twitter, etc.) or electronic/internet (email, online games, instant messaging, texting)

## Did you know?

- Cyberbullying is the newest type of bullying, and it's constantly growing and changing as new technologies become introduced. It has expanded the boundaries of bullying, allowing it to happen 24/7 - regardless of location.
- Bullies often pick on others to make themselves feel better. Bullies may choose their victims because they see their victims as different and they want the victims to feel badly about that difference. The victims may look or dress differently, be perceived as smarter, appear to be less attractive, be of a different race, be of a different sexual orientation or simply be weaker or less confident than others.



## TIPS TO DEAL WITH BULLIES

1. Don't fight the bully. Fighting often gives the bully an excuse to be more aggressive.
2. Try not to act upset. Showing that you are upset gives the bully an emotional "win".
3. Walk tall but walk away when you can.
4. Talk about the bullying to a friend, a teacher or someone else you trust. Ask for help.
5. Report the bully. Don't be afraid to tell an adult that someone is hurting you.