Stand Up. Speak Out.
Stop Bullying. Together.

A Guide for Middle and High School Students  ccrsb.ca
Be a Leader

What do Leaders look like?
Leaders help other people. When they see bullying happen, they try to stop it. When you Stand Up and Speak Out, that’s the action of a Leader. When you reach out to someone being bullied, that makes you a Leader. When you tell your parents/guardians, a teacher, bus driver, custodian, guidance counsellor or your principal about bullying, that makes you a Leader.

When we Stand Up Together we can stop bullying.
Recognizing Bullying Behaviour

Bullying is a serious problem. It hurts everyone that is involved. It hurts the person being bullied. It hurts the people who witness bullying. It hurts the person bullying others. We need to prevent bullying in the future and know how to deal with it right now. But how do we stop bullying?

What does bullying look like?

Bullying is using aggression repeatedly to dominate someone else. People who bully others want to cause fear, embarrassment or harm to another person, and it happens over and over again. It's also bullying if you help or encourage someone who is bullying another person in any way.

There are four main types of bullying:
- **Physical bullying** - hitting, pushing, shoving, kicking or physically hurting another person; taking or breaking things that belong to others.
- **Verbal bullying** - saying mean things, teasing, name calling, humiliating or threatening another person.
- **Social bullying** - excluding someone from a group, ignoring them, spreading rumours, setting another person up to look foolish, or ruining friendships and/or relationships.
- **Cyberbullying** - using technology such as email, websites, blogs, instant, text or picture messaging and social networking sites (e.g., Facebook, Ask.fm) to bully.

Roles in Bullying

There are three main roles people can take in bullying situations:

- **People who are bullied.**
- **People who bully others.**
- **People who witness bullying.** There are four ways people can be involved in bullying as a witness:
  - **Supporting the bullying** - encouraging the people who are bullying and sometimes joining in. This may encourage bullying in the future.
  - **Reinforcing the bullying** - providing an audience for the people who are bullying by laughing or providing support in another way. This may encourage bullying in the future.
  - **Observing the bullying** - watching bullying happen, but not trying to stop it. This sends the message that bullying is okay and can encourage bullying in the future.
  - **Defending against bullying** helping the person being bullied, getting a teacher, helping the person walk away, etc.
Why do people bully others?
People often bully others because they see them as different. A person may bully others because of their **ethnic group or culture, religion or beliefs, sexuality, disability (mental or physical), appearance or socioeconomic status** (where someone lives, or how much money their parents/guardians make).

Why don’t students report bullying?
Students don’t report bullying for a lot of reasons:

- They think adults won’t understand or their concerns will be ignored.
- They think nothing can be done about it.
- They fear retaliation.
- They don’t want to appear weak to their peers, teachers, parents or guardians.
- They want to belong.
- They don’t know how to talk about what’s happening.
- They don’t recognize that what is happening is bullying.
- They believe that the person deserves it.
- They are embarrassed and feel ashamed.
- They don’t want to be labelled a rat or a snitch.

**But here’s the truth:** If students who are bullied or see bullying happen don’t tell someone, then no one can help. You have to Speak Out for others to help you. It’s the first step.
How does bullying affect people?

People involved in bullying often have emotional, behavioural and relationship problems. They have trouble forming healthy relationships, finishing school, keeping jobs and they often become depressed or anxious. These changes may happen quickly or may take months or years to develop.

People who are bullied may:
- Lose interest in school or other activities.
- Have low self-esteem or say negative things about themselves.
- Feel unhappy, lonely or isolated.
- Feel anxious or depressed.
- Have thoughts about harming themselves.

People who bully others may:
- Have trouble forming healthy relationships.
- Have trouble finishing school and keeping jobs.
- Feel sad or depressed.
- Be more likely to commit crimes as adolescents or adults.

People who witness bullying may:
- Feel sad or depressed.
- Feel anxious or worried.
- Have difficulties trusting others.

What can I do if I am being bullied?

- **Talk to an adult** you trust about what happened. Remember, you are doing this because you want to help someone get out of trouble, not because you want to get someone into trouble. Adults usually don’t know when bullying happens, so it’s important to talk to them so they know what is going on.

- **Talk with a friend, brother or sister** about what happened. He or she may be able to help you by going with you to see an adult, by being with you in places where bullying happens, or by just being there to support you.

- **Walk away.** Do not fight back or talk back to the person doing the bullying. Walk away and report what is happening.

- **Contact the Kids Help Phone** at 1-800-668-6868 or visit kidshelpphone.ca. The 1-800 line is available 24/7; someone will be there to listen to what you have to say and to help you.
What can I do if I witness bullying?

- **Help the person being bullied get away.** If it’s safe, help the person being bullied walk away from the situation. You can help by creating a distraction or offering a way for the person to leave.

- **Tell a teacher, parent, guardian or other adult that you trust** about the bullying. Adults can help stop bullying when it happens and they can help stop it from happening again, but only if you tell them.

- **Don’t give bullying an audience.** If you watch the bullying happen and don’t do anything, it will get worse. Some people continue to bully others because they get attention from others. Don’t be one of those people. Go and get help.

How can I be a Leader?

Treat others with kindness. When you see bullying happen, take action to stop it. Set a good example for your friends, family and classmates.
What can I do to stop cyberbullying?

There are some steps that you can take, or tell a friend about, that will help stop cyberbullying.

- **Stop**: Do not try to reason with or talk to the person who is cyberbullying.

- **Block**: Block the person who is cyberbullying to prevent them from making contact again.

- **Talk**: Tell a teacher, parent, guardian or other adult that you trust, inform your school, use a help line and/or report it to the police. Adults may not know when cyberbullying happens, so it’s important to tell them when it does.

- **Save**: Remember to save any instant messages or e-mails received, and capture any comments or images that have been posted online.

- **Keep your passwords secure**: People can use your password in ways that you don’t want them to or they can give your password away to other people. Make sure that only you and your parents/guardians know your password. Don’t even give to your friends. **Your password is like your signature. Guard it carefully.**

Adapted from the Media Awareness Network (2006)

I’ve bullied others. What can I do to change?

- **Stop and think**: Take a moment and think about how what you do or say might affect another person. Could your actions make someone feel upset or hurt? When you’re online many people can see what you post, more than you may realize. Try to find another way to express how you are feeling. Stop and calm down before you send. Once it’s out there, you can’t get it back.

- **Talk to a teacher, parent, guardian or another adult that you trust**: An adult will be able to help you figure out why you bully others, and will be able to find ways to help you learn how to stop bullying in the future.

- **Walk away from the situation** and talk to a friend or an adult you trust about how you are feeling.

There is always help for those who ask for it. Bullying hurts everyone, including the person bullying others. **You are not alone.**
What is your school doing to help stop and prevent bullying?

In our schools, students who bully others – in person or online – can face a variety of progressive consequences. Progressive discipline is when the consequences become more severe the more often the behaviour happens. The first time bullying happens there may be less serious consequences. This will be a chance to teach all students. If the bullying continues or gets worse, so will the consequences. In some cases, criminal charges may be a possibility. This applies to all forms of bullying.

If you are involved in bullying at school, your parents/guardians will be contacted. School staff will work together with everyone to help make the situation better, and to stop the bullying.

We want to hear from you!

Everyone needs to have a voice when we talk about how to stop, and prevent, bullying in our schools. No one knows what goes on in our schools better than you, so we need you to send your ideas to us.

What do you think should be done to help stop bullying and make our schools the best they can be? Send your ideas to StandUpAgainstBullying@ccrsb.ca.

If we are all Leaders and Stand Up and Speak Out Together, we can help stop bullying in its tracks.

In the end, we will remember not the words of our enemies, but the silence of our friends.”
- Martin Luther King, Jr.
Resources

Chignecto-Central Regional School Board (CCRSB)
www.ccrsb.ca

Canadian Prevention Science Cluster (CPSC)
Atlantic Hub
www.cpscatlantic.ca

Department of Education and early Childhood Development
www.antibullying.novascotia.ca

Eyes on Bullying
www.eyesonbullying.org

Kids Help Phone
1-800-668-6868 or visit www.kidshelpphone.ca

Promoting Relationships and Eliminating Violence (PrevNet)
www.prevnet.ca

Teen Mental Health
www.teenmentalhealth.org

US Department of Health & Human Services
www.stopbullying.gov