

What is Bullying?

Bullying happens when someone says or does hurtful things to someone else on purpose (it's not an accident). These mean things don't just happen once, they happen a lot and the bullying may go on for a long time. Sometimes bullying happens between two children but bullying can also involve a group of children. Bullying is not fair: the child who bullies has an advantage over the child being bullied. Children who bully may be bigger, stronger, or older; they may be more popular, or they may know something sensitive or hurtful about the child who is being bullied. It is hard for the child who is bullied to defend himself or herself.

<p>Physical Bullying Means using your body to cause harm</p> <ul style="list-style-type: none"> - Hitting or punching - kicking - shoving - spitting - stealing - Breaking someone else's belongings such as school work, clothing or equipment. 	<p>Verbal Bullying Means using your words to hurt someone</p> <ul style="list-style-type: none"> - Making fun of someone because of their family - Name calling, threatening - Teasing in a hurtful way - Put downs (e.g. clothing, hair, habits) - Making fun because of a difference (e.g. stuttering, overweight) - Calling someone racist or sexist names 	<p>Social Bullying Means using your friends and relationships to hurt someone</p> <ul style="list-style-type: none"> - Spreading rumours - Excluding others from a group (e.g. projects, lunch, parties, sports) - Making others look foolish or unintelligent - Talking about others in a mean way behind their back - Breaking up friendships on purpose
<p>Cyber Bullying Means using technology (such as a computer or cellphone) to hurt someone.</p> <ul style="list-style-type: none"> - Sending mean and hurtful emails, text messages, and instant messages - Posting embarrassing photos on the internet - Developing websites that make fun of others - Setting up websites to rate others' appearances - Pretending you are someone else by using their name 	<p>Racial Bullying Means saying or doing something that hurts because it refers to a person's racial, ethnic, or cultural background in a negative way</p> <ul style="list-style-type: none"> - Making fun of someone's different clothes, food, or habits - Making fun of someone's different name, way of talking - Making someone feel embarrassed because they are different - Leaving someone out because they are different 	<p>Sexual Harassment Is when someone says or does something that makes another person feel uncomfortable about his/her sexuality</p> <ul style="list-style-type: none"> - Commenting negatively on or rating a person's appearance - Commenting negatively on sexual characteristics or reputation - Using homophobic slurs that make being gay or lesbian seem like a bad thing - Touching someone who doesn't want to be touched - Forcing someone to do a sexual act (e.g. kissing)
<p>Dating Aggression Occurs when a boy/girlfriend is hurtful to the other in a physical, verbal social, or sexual way. Because they are close, boy/girlfriends learn about the other's weaknesses and can target these weaknesses to hurt.</p> <p style="text-align: right;">→</p>	<ul style="list-style-type: none"> - Making fun of boy/girlfriend's weakness - Talking about private information with friends - Hitting, pinching, slapping - Forcing someone to do something he/she doesn't want to do. 	<p>Copywrite : kidshelpphone.ca</p>