

Bullying

A bully is:

- A domineering person or group of persons who abuse others
- A person who tries to control others by fear
- A person who behaves in an aggressive, thoughtless and unjust manner

If you are a bully:

- Your reputation could suffer
- You could hurt someone
- You could become unpopular with friends
- You could disappoint your family
- You could be suspended from school
- Police will investigate
- If charged and convicted you will receive a criminal record

Reasons why people are bullies:

- Peer pressure
- They are looking for attention
- They have no friends
- They do not care about peoples feelings
- They are insecure
- They have been picked on in the past
- They want to feel accepted by others
- They want to be part of a gang/group
- Their behaviour is a reflection of personal problems

Bullying is a criminal offence:

- Assault
- Harassment
- Extortion
- Threatening
- Intimidation

If you are the victim of a bully:

- You may lose your self esteem
- You may feel humiliated
- Your physical health may suffer
- Your emotional health may be jeopardized
- You may skip school or refuse to go to school to avoid the bully
- Your grades may suffer
- You may feel like running away

Bullying impacts everyone in different ways. In some cases, victims could not bear the ridicule and taunting and have committed suicide.

Ways to avoid a bully:

- Stay together in a group
- Be brave
- Be confident
- Walk away from trouble
- Stick up for yourself
- Tell someone you trust

Report bullying to:

- Someone you trust
- Your Principal
- Your Teacher
- Your Parents/Guardian
- The Police
- Report anonymously to Crime Stoppers by calling 222-TIPS or (416) 222-8477