

What Can Adults Do?

Listen to a child or youth when they tell you they are being bullied or have seen someone being bullied.

Trust your instincts, if you think a child or adolescent is being victimized, they probably are.

Record details of the various bullying incidents.



If you know a child or youth who displays:

- < fear of going to school
- < school work problems/missing possessions
- < unexplained injuries
- < withdrawn (quiet, sullen, daydreaming)
- < nightmares and disturbed sleep
- < low self-esteem

Investigate further, as this child may be a victim of bullying.

What Can Children and Youth Do?

- < Tell an adult
- < Do your part, don't be a bully
- < Speak out when you see someone being bullied
- < Keep telling until someone listens
- < Trust your instincts (what is your tummy telling you)
- < Tell your friends not to bully
- < Call the Kids Help Phone if you don't know who can help.
1-800-668-6868

Remember:

"You have the right not to like someone, but you don't have the right to make them not like themselves"

The Coalition is Committed to Helping!

Contact:

www.bullyfreehamilton.ca
Kids Help Phone 1-800-668-6868
www.bully.org



"Toward a Bully Free Community"

Hamilton, Ontario
www.bullyfreehamilton.ca

"It is everyone's responsibility to stop bullying. It requires commitment from all of us. When you take bullying behaviours seriously, you are taking an important step toward making our schools and neighbourhoods safe."

Who Are We?

Community Coalition:

The Bullying Prevention and Intervention Hamilton Community Coalition is a group of more than thirty community organizations that joined forces in 2002 to eliminate bullying in Hamilton.

Visit the Coalition at
www.bullyfreehamilton.ca

Our Vision

A city free of bullying, created by a community which takes responsibility and action to create safe environments for its children and youth

Our Goal

Eliminate bullying among children and youth in Hamilton.

Our Mission

Bring the community together to take action to prevent and eliminate bullying in Hamilton.

Contact Information

If you have questions, please contact:

**Project Coordinator, Chris Maleta
Affiliated Services for Children and
Youth, ASCY**

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What is Bullying?

Did you know?

- < 83% of children report that watching bullying makes them feel uncomfortable. (Pepler 1997)
- < 85% of bullying takes place in front of others. (Pepler 1997)
- < 57% of the time when peers intervene on behalf of the victim, bullying stops in less than 10 seconds.
- < Children who are repeatedly victimized are more likely to report internalized problems such as depression and anxiety. (Pepler, Craig)
- < Bullying can happen at school in sports, on the playground, on the internet, even at home. In fact, bullying happens once every 7 minutes on the playground and once in every 25 minutes in the classroom.

Bullying is not okay! It's hurtful to everyone involved. The child who bullies, the bullied and the children who watch it happen. Bullying doesn't hurt temporarily...it hurts forever.