



# PREVENTING BULLYING

## TIPS FOR YOUTH

### FOR THOSE WHO ARE EXPERIENCING BULLYING

- Talk to an adult that you trust, and don't be afraid to ask a friend to go with you
- Spend your time with friends who you can count on to support and stick up for you
- Appear confident and let the person doing the bullying know that it is not okay
- Try to stay calm, and do not react to the bullying
- Stand up for yourself without being aggressive; violence only makes things worse
- Remind yourself that you do not deserve to be bullied or harassed
- To get help: Kids Help Phone 1-800- 668-6868 or [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### FOR THOSE WHO ARE BULLYING

- Talk to someone you trust who can help you find ways to have healthy relationships
- Get a friend to tell you to stop when they notice you starting to bully others
- It's okay to not like everybody, but you do have to respect everybody
- Respect differences and do not judge
- Try to understand what it would feel like if you were bullied
- If you are unsure of how to apologize after you have bullied, ask a teacher or a friend for help
- Although other kids might laugh and watch while you bully, it doesn't mean they think it is okay
- Use your power in a positive way to help others, not hurt them

### FOR THOSE WHO ARE WITNESSING BULLYING

- Telling an adult when someone is being bullied, and may need help, is not the same as "tattling" on someone to get them into trouble
- By getting help, you are part of the solution; watching and doing nothing makes you part of the problem
- If you see somebody who is being bullied, assess the situation; intervene if you feel safe—if not, get an adult to help
- Ask your teacher or counsellor for effective ways to intervene in bullying situations
- Talk to the person who has been bullied and let them know that they do not deserve to be treated like that and show them that you care
- Try to be more inclusive of kids who you know are being bullied; be a good friend

**FOR MORE INFORMATION AND RESOURCES, VISIT [REDCROSS.CA](http://REDCROSS.CA)**