

## **Bullying Awareness: Stand Up for what is Right!**

**Bullying Awareness Week is November 14-18, 2022. We hope this information will support you in talking with your child about bullying, help you identify when bullying is happening vs. meanness gone too far, and provide ways to support your child to take a stand against bullying.**

***DID YOU KNOW*** “... when peers had the confidence and courage to intervene, the bullying ended within 10 seconds in the majority of playground episodes.”

**What is Bullying?** The term ‘Bullying’ is often misused; check out the handy acronym below to help your child identify if bullying is occurring. An important piece is the repetitive nature of the harmful actions.

**H** - Hurtful words or

**A** - Actions

**R** - Repeated more than once

**M** - Meant to control or cause harm

### **What can you do if you’re being bullied -- in the moment**

- Stay calm: try not to show that you’re too upset; perhaps respond with humour and try to show that you’re not overly bothered.
- Try to look confident and tell the person who bullies to back off. Use a strong voice.
- Be assertive and respectful. Do not be aggressive—responding physically can make the situation worse.
- If you can’t stand up for yourself, ignore the bullying, walk away and tell someone who can help.
- Do not blame yourself—it’s not your fault!

### **What can you do if you’re being bullied – afterwards**

- Talk to someone and get help (teacher, friend, counselor, parents, supervisor, coach or any adult you trust). You may have to tell more than one person, but don’t give up!
- Ask a friend to come along with you;
- Stay close to students you can count on to stick up for you and go to areas where you feel safe; practice what you’re going to say and do if bullying happens again. Practicing is essential so you have an idea of what to do if it happens.

### **What you can do if you see others being bullied**

- By-standers are part of the problem; Upstanders ([upstander](#)) are part of the solution (STAND UP! and tell children who are bullying to stop—others may follow your lead) and always stay safe—if it doesn’t feel safe to speak up, talk to someone who can help instead. Ask your friends for support.
- Invite the person who is being bullied to leave the situation and stay with them somewhere else.
- Comfort the person who was hurt, then let them know it wasn’t fair or deserved.
- Talk to someone who can help—this can be an adult, school staff, your friends, or an older student.

**What to do if you bully, but want to stop**

- Say sorry to the people you've bullied.
- Talk to an adult who can help, like a teacher, parent, or ask a friend to help you stop.
- If you start to bully, walk away & do something else.
- Resist peer pressure: do what's right; real leaders treat others with respect.
- Think before you speak—will your words help or hurt others?
- You do not have to like everyone. You do have to respect them.