

Take A
Step:

Standing Up

What to do when you are experiencing bullying

When Bullying's in your face:

- Stay calm, and confident. Fighting back usually makes it worse.
- Keep moving.
- Say it strong- "Stop it"
- Go to the nearest adult and let them know what's happening.

If you are experiencing bullying:

- Know that bullying survives if you keep your silence.
- Telling will stop it!
- Talk to an adult and get an anti-bullying plan in place.
- Talking to someone shrink bullyings power, you will feel better and will not be alone.

"Think how bullying wants you to react and then act in the opposite way."

"Avoid 'bullying' spots"

"Use humour"

"Appear confident even if you are not"

"Stay around authority figures."

Here's what your peers suggest:

"To reclaim our lives- stand together and support each other; counteract the effects of bullying; talk about feelings"

Need to talk to someone immediately
1-866-327-3224

24hrs/7 days a week- for Haldimand & Norfolk

Six Nations Child & Family Service Mobile Crises
1-866-445-2204 (24/7)



Get the Facts!

- Bullying is **REPEATED** aggression
- Bullying can be intimidation, exclusion, mockery, physical, verbal insults or put downs, spreading rumors, threatening.
- Everyone has the right to be safe and treated with respect.

References:

www.nameit2changeit.ca

www.prevnet.ca