



# Haldimand, Norfolk & Neighbours Name It **2** Change It

Community Campaign Against Bullying!

Take A Step:

## Step In

*What to do when you see someone experiencing bullying!*

### 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.

*Here's what your peers say:*



### Bullying often has an audience!

*When you **STEP IN** instead of 'stand by' bullying almost always **STOPS!***

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**

24hrs/7 days a week



### Here's how to **STEP IN**

(discuss and rehearse these steps so you're ready)

- Tell the child or youth who is using bullying to **STOP!** Do this using a clear message that is respectful. Be safe.
- Talk to the child experiencing bullying! Let them know, "They don't deserve what happened, and it was wrong."
- Let a responsible adult know what happened!

### DO TELLING!

**TELLING**

is what you do to get someone **OUT** of trouble

**TATTLING**

is what you do to get someone **INTO** trouble.

#### References:

[www.prevnet.ca](http://www.prevnet.ca)

[www.family.ca](http://www.family.ca)

[www.nameit2changeit.ca](http://www.nameit2changeit.ca)

**Stand up to Bullying-TELL someone | Take an Anti-bullying STEP**

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