



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

www.family.ca

www.nameit2changeit.ca

