



This booklet was prepared by  
Greater Sudbury Police Service.



**Bullying**  
is a crime.

# What is Bullying?

## Know The Difference...

### FIGHTING VS. BULLYING :

#### Fighting: Physical or Verbal

- The power is usually equal
- Anger is usually the primary emotion
- Both people are “doing it” rather than one person harassing another
- You fight “about” or “over” something so there’s a problem to solve
- Problem solving can work
- Can be a win-win situation
- It’s usually short-lived

### BULLYING FACTS :

#### Bullying: Physical or Verbal

- Unequal power
- The bully feels powerful which feels good; the target feels mostly fear/embarrassment
- Only one person is “doing it,” i.e. attacking
- It’s being mean “on purpose” picking on or hurting
- It’s repeated over a long period of time
- Showing off is involved
- Only a win-lose situation

### KINDS OF BULLIES ...

- ☹ Physical Bullies
- ☹ Verbal Bullies
- ☹ Relational Bullies

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# The Art of Decision Making

Learning the steps of decision making will help you make the right decision when it comes to bullying.



There are five steps to decision making. They are:

- 1) Collecting information
- 2) Setting goals
- 3) Brainstorming
- 4) Evaluating
- 5) Taking action

Now let’s suppose someone says to you, “Come on., we won’t get in trouble” Go through the five steps. Stop and think!

**1) Collect information:** Why? Who else is involved? What do you want me to do? When?

**2) Set Goals:** Do you have career goals, personal goals? How will this effect those goals? Will this help you reach your goals? If it won’t help you, don’t do it.

**3) Brainstorm:** Consider all the consequences of bullying; legal, personal, financial, relationships, family, effect on employment or school. Consider short-term and long-term consequences.

**4) Evaluate:** Of all the consequences you have considered, which ones are negative? If you find you have negative consequences, throw the idea of bullying out.

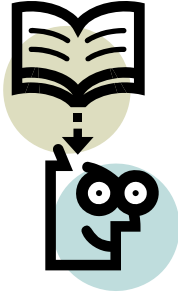
**5) Taking Action:** Once you have evaluated the risks involved, considered the penalties and discovered that the consequences of bullying are too serious, then take the right actions. List 4 things you can say to friends who want you to bully someone...

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If you are being bullied...



### Remember the 4-R's of bullying:

- ◎ **Remove** yourself from the situation as quickly as possible
- ◎ **Report** the incident to a person in a position of authority
- ◎ **Resist**, be firm and clear with the bully that you want the bullying to stop
- ◎ **Remember** that you did nothing wrong, you are not the one to blame

If you see someone who is being bullied, report the incident to a person of authority and refuse to join in.



**BE RESPONSIBLE.  
BE A FRIEND.**



## **PHYSICAL BULLIES**

Physical bullies are action-oriented. This type of bullying includes hitting or kicking the victim, or, taking or damaging the victim's property.

This is the least sophisticated type of bullying because it is so easy to identify.

Physical bullies are soon known to the entire population in the school.

As they get older, their attacks usually become more aggressive.

These aggressive characteristics manifest themselves as bullies become adults.

## **VERBAL BULLIES**

Verbal bullies use words to hurt or humiliate another person. Verbal bullying includes name-calling, insulting, making racist comments and constant teasing. This type of bullying is the easiest to inflict on other children. It is quick and to the point. It can occur in the least amount of time available, and its effects can be more devastating in some ways because there are no visible scars.

## **RELATIONAL BULLIES**

Relational or relationship bullies try to convince their peers to exclude or reject a certain person or people and cut the victims off from their social connections. This type of bullying is linked to verbal bullying and usually occurs when children (most often girls) spread nasty rumours about others or exclude an ex-friend from the peer group. The most devastating effect with this type of bullying is the rejection by the peer group at a time when children most need their social connections.

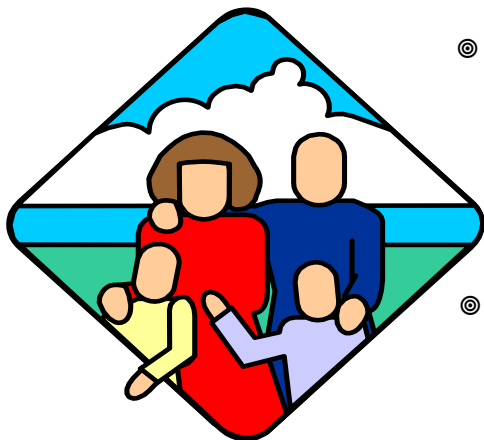
Let's Talk...

## Common Characteristics of Bullying

### What makes a bullying incident?

- ⊙ The difference lies in the relationship of the bully and victim, and in the INTENT of the interaction.
- ⊙ A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons.
- ⊙ Bullying is a pattern of repeated aggressive behaviour, with negative intent, directed from one person to another where there is a power imbalance.

# Bullying affects everyone.



- ⊙ If you know someone who is being bullied, tell a teacher, parent or an adult that you trust.
- ⊙ Bullying is very serious and can be dangerous. **Have respect for your peers.**

### SOCIAL ALIENATION

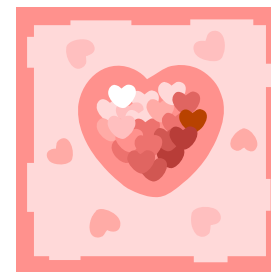
#### Of Concern:

- ⊙ Gossiping
- ⊙ Embarrassing
- ⊙ Setting up someone to look foolish
- ⊙ Spreading rumours
- ⊙ Excluding from group

#### Of Serious Concern:

- ⊙ Inciting hatred
- ⊙ Racist, sexist or homophobic alienation
- ⊙ Setting up someone to take the blame
- ⊙ Public humiliation
- ⊙ Malicious rumour spreading

If you know someone who is bullying, be firm and clear with your peers that you refuse to join in and that you want the bullying to stop.



**DARE TO CARE**

## Forms Of Bullying Are As Follows, But Not Limited To:

### PHYSICAL AGGRESSION

#### Of Concern:

- ⊙ Pushing
- ⊙ Shoving
- ⊙ Spitting
- ⊙ Kicking
- ⊙ Hitting
- ⊙ Giving dirty looks

#### Of Serious Concern:

- ⊙ Threatening with a weapon
- ⊙ Defacing property
- ⊙ Stealing



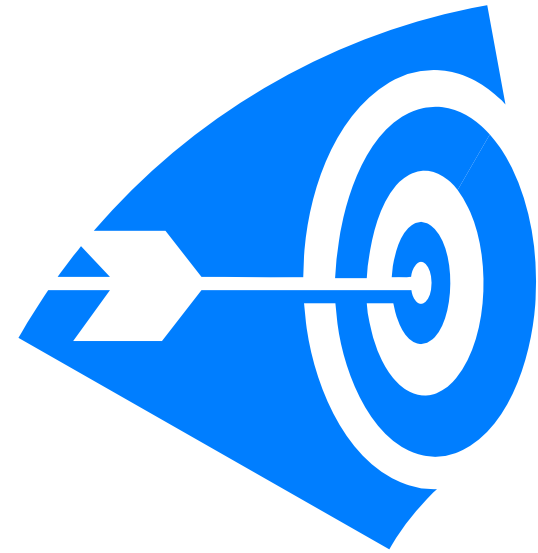
### VERBAL/WRITTEN AGGRESSION

#### Of Concern:

- ⊙ Mocking
- ⊙ Name-calling
- ⊙ Teasing

#### Of Serious Concern:

- ⊙ Intimidating telephone calls, emails or messages
- ⊙ Racist, sexist or homophobic taunting
- ⊙ Daring another to do something dangerous
- ⊙ Verbal or written threats of violence



Make it a **target** to treat your peers with respect.

Everyone is deserving of that.

# VOCABULARY MATCH

- Bully** behaviour that harms or threatens to harm someone physically, verbally or socially
- Bullying** having influence or domination over someone else
- Exclude** to frighten someone in order to force or influence them to do something
- Harassment** a person who uses strength or power to control someone by fear
- Humiliate** repeated attacks, usually verbal, intended to torment someone
- Intimidate** stories about someone else that may not be true, intended to hurt or embarrass that person
- Power or control** to make someone feel embarrassed or lose self-esteem
- Put-downs** to say mean things about someone else
- Retaliate** to repay or get revenge
- Rumours** to leave out



Answer the following questions:



**Have you ever bullied someone?**

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**Have you ever been bullied by someone?**

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**Have you seen someone bullying another person?**

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**What would you do if someone bullied you?**

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**What would you do if someone was bullying another person?**

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