



REMEMBER

- The longer a youth is bullied, the more likely they are to develop physical, emotional, and psychological scars that can last a lifetime.
- Bullying can be devastating, leaving children withdrawn, shy, and insecure. Youth frequently suffer stomach aches, headaches, panic attacks, and nightmares. They can become unable to sleep – or may sleep too much. They often do poorly in school due to loss of focus and confidence or erratic attendance as they try to escape bullies. When unrelenting, bullying can lead children to take their own lives.
- Bullying also hurts bystanders, who may become fearful that they will also be victimized.
- Jesus spent his time helping the hurting—which means reaching out to the youth being harassed AND the bully. The goal is to love unconditionally & compassionately - the way Christ loves us.



RECOGNIZE

- Bullying is repeated aggressive actions with the intent of causing harm, distress or fear to a person or group who has (or is thought to have) less power.
- Cyber bullying is using social media to intentionally target, embarrass, harass or threaten another person. The scope of shame is far wider because the potential audience is far bigger.
- Bullies may try to excuse their behaviour if their purpose or intent is humour, persuasion or asserting authority. But if the action is deliberately aimed at making someone feel “lesser than” - it is bullying.
- Bullying isn't the same as having a conflict or disliking someone. Accidental harm, disagreement, bossiness, and even being excluded from something are not bullying because the intent to harm or be more powerful isn't there. Because “feeling safe” has grown to mean “not having anything difficult happen to me”, people can confuse regular relational difficulties with bullying.



RESPOND

Whatever form it takes, bullying erodes confidence, steals power, and creates anxiety. The sense of hopelessness around their social future makes bullying creates a dangerous situation for teens. Here are some ideas for responses:

For the one being bullied:

- Never dismiss the experience and tell the youth to simply ignore it. Help them discover and express words for the impact this is having on them - how it is making them feel.
- Make a plan with them - not for them - restoring some of their sense of power in this disempowering situation. Determine what things in the plan they can do for themselves and what things they need someone else to step in on.
- Work together at the art of appearing confident, helping them discover ways of carrying themselves and reacting that communicate confidence whether they feel it or not.

- Role-play how they will handle the next situation - which may include how to look confident as they walk away.
- If the bullying is happening on social media, report it to the site; if it involves threats of violence, report it to the police.

For the ones standing by:

- Bystanders can contribute to the problem by offering approval to the bully through their silence. Talk with youth about making choices in advance about how they will respond to seeing someone else being bullied.
- Encourage teens to make a commitment to their friends to never forward or give attention to messages that intend to harm, embarrass or demean another person - whether they know that person or not.
- Equip teens offer to go with the person who is being bullied to ask for help or to go and get help on their behalf if the person is not able.



RESOURCES

prevnet.ca/bullying - Check out the tip sheets for youth, youth workers and parents.

CPYU.org - Search “bullying” for a wealth of information including responding to cyberbullying.

24 hour text support line from bullyingcanada.ca. - Text 877-352-4497 to talk with a trained support worker. The support person typically stays involved for 2-4 weeks to help the teens learn skills and make choices for dealing with the situation.



BULLYING

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resources