



# BULLYING **HURTS** EVERYONE

What parents of teens need to know



WINNIPEG SCHOOL DIVISION



**BULLYING HURTS  
AND HAS LASTING  
CONSEQUENCES  
FOR BOTH THE BULLY  
AND THE VICTIM.**

# Forms of bullying?

Bullying is when one person wilfully uses power to repeatedly hurt another person.

**Physical bullying:** Hitting, kicking, shoving, spitting, beating up, stealing, or damaging property.

**Verbal bullying:** Name calling, mocking, hurtful teasing, humiliating or threatening someone, racist, sexist or homophobic comments.

**Social bullying:** Excluding others from the group, gossiping or spreading rumours, setting others up to look foolish, and damaging friendships.

**Cyberbullying:** Using email, cell phones, text messages, and Internet sites to threaten, harass, embarrass, socially exclude, or damage reputations and friendships.

**Dating aggression:** Any intentional sexual, physical, or psychological attack that occurs in a dating relationship.

**Sexual harassment:** Unwanted comments, gestures, or behaviour about sex or gender that makes one feel uncomfortable.

Many people feel that bullying is “just kids being kids” and that it’s “harmless.” In fact, bullying is anything but harmless.

## Is your teen being bullied?

- Talk to someone you trust, like a parent or teacher. They can offer support and develop a plan to end the harassment.
- Think about how your behaviour may be making the problem bigger or smaller.
- Ignore the bullying and walk away...make them think you just don't care.
- Try not to show that you are upset when bullied.
- Laugh it off...humour shows you're not bothered.
- Stay close to students you can count on to stick up for you.
- Stay away from areas where bullying happens.
- Act confident...hold your head up, make eye contact, walk confidently. Make time to do things that make you feel good about yourself.
- Do what's right...carrying a weapon may get you in trouble.
- Be assertive, not aggressive...fighting back can make things worse.

## Has your teen witnessed bullying?

- Talk to someone you trust, like a parent or a teacher. It's their job to intervene and make the bullying stop.
- Walk away and get help...if you stay and watch, you are part of the problem. If you get help, you're part of the solution.
- Be assertive, not aggressive. Speaking out helps, fighting and insulting others doesn't.
- Ask for help from others in speaking out against harassment...there's strength in numbers.
- Make an anonymous report to school staff if it's too hard to speak out publicly.
- Invite the student being targeted to leave with you.
- Stand up for those who are victims...they may not be able to do it for themselves.



## Does your teen bully others?

- Talk to someone you trust, like a parent or a teacher. They can offer support and help you find ways of getting along with others better.
- Put yourself in other teens' shoes...think about what it must feel like to be beat up, threatened, or excluded. Would you want to be treated that way?
- Make an excuse and walk away from situations where you might bully.
- Resist peer pressure to bully...do what's right.
- Find ways to use your power and influence in a positive rather than a negative way.
- Apologize to the people you've hurt.
- Hang out with friends who will keep you in check.
- Remember that everyone is unique and different...different doesn't mean worse or better than you.
- See people as individuals, not stereotypes.
- Know that if other teens watch and laugh, it doesn't mean they like it when you target others.

## How do parents know if their teen is involved in bullying?

Bullying is a behaviour that is usually hidden from adults.

### Look for the following clues:

- Afraid to go to school or other activities
- Appears anxious or fearful
- Low self-esteem and makes negative comments about self
- Complains of feeling unwell
- Lowered interest in activities and performance
- Loses things, needs money, reports being hungry
- Injuries, bruising, damaged clothing or articles
- Appears unhappy, irritable
- Trouble sleeping, nightmares
- Threatens to hurt themselves or others
- May appear isolated from the peer group

### Signs of bullying others:

- Aggressive with parents, siblings, pets and friends
- Low concern for others' feelings
- Bossy and manipulative behaviour
- Unexplained objects or money
- Secretive about possessions and activities
- Holds a positive view of aggression
- Easily frustrated and quick to anger
- Does not recognize impact of his/her behaviour
- Has friends who bully and are aggressive
- Teen has trouble standing up to peer pressure

**TO STOP BULLYING,  
WE ALL NEED TO  
WORK TOGETHER  
TO PROMOTE  
HEALTHY  
RELATIONSHIPS AND  
ELIMINATE VIOLENCE.**

## 10 things parents can do to address bullying...

**1. Be a role model:** Think about how you use power in your life. Model the use of positive power by respecting and supporting others. Avoid the use of negative power, such as bullying, yelling, and manipulating. Parents set the tone for family relationships and youth learn relationship skills by watching their parents' behaviour. Set a good example by coping with frustration and resolving conflicts in productive ways.

**2. Be honest with yourself:** It's hard to admit that your teen is being bullied or bullies others. It's important to honestly evaluate their involvement in these types of behaviours in order to intervene. Ask yourself the following questions: How does my child deal with conflict? How does my adolescent deal with anger and frustration? Does my child have attitudes that support the use of aggression? Does my child have close friends who have a positive influence on him/her?

**3. Promote diversity and acceptance:** Talk to your teen about the inaccuracy of stereotypes with regards to race, religion, sexual orientation, gender expression, and other individual differences. Teach your adolescent that unique attributes make people special and convey the message that being different does not mean you are less deserving of respect from others. Monitor your own use of stereotypes and derogatory language.

**4. Talk, talk, talk:** Many teens are reluctant to come forward and talk about bullying...therefore, it's up to you to start the conversation. Talk to your teen about the importance of healthy relationships and what constitutes bullying, sexual harassment and dating aggression. Offer your own experiences with bullying as a starting point. These types of conversations let your teen know that you care about what they're going through and that you're a source of support for them.

**5. Enjoy being with your teen:** A healthy and positive parent-teen relationship is the basis for healthy and positive relationship skills, such as self-expression, social skills, a sense of boundaries, trust and respect for others. One way to promote a positive parent-teen relationship is to make your home a place where your teens and his/her friends want to spend time.

**6. Encourage different peer interactions:** Having friends and experiencing positive peer interactions in different settings can minimize the impact of bullying. Encourage your child to enroll in organized sports, lessons, camps and other activities outside of school so they can experience many different friendships. Talk with your teen about their new peers and experiences to ensure the bullying does not continue in these groups.

# ENCOURAGE YOUR TEEN TO TALK TO YOU OR ANOTHER ADULT THEY TRUST.



### **7. Problem solve with your teen:**

Let your teen come up with solutions to a bullying problem and help them to evaluate whether a solution will make the problem bigger or smaller. Help victimized youth practise to be assertive by standing up straight, holding their head up and looking people in the eye. Teens who bully need help with learning alternative ways to solve conflicts, manage frustration and resist peer pressure to bully.

**8. Build on strengths:** Teens who are bullied often have low self-esteem. Encourage them to participate in activities they enjoy so they can start to feel good about themselves. For teens who bully, provide opportunities for them to use their power and natural leadership skills in a positive way (e.g., teaching siblings and younger children a new sport or skill).

**9. Be ready to listen:** If your teen reports being bullied, be ready to listen right away. Don't put it off. Thank your child for being brave enough to come forward and explain that it is his/her right to feel safe. Ask for details about the incident and convey your concern. Be willing to respond to all reports, even the seemingly trivial ones such as name-calling. Consistency matters!

**10. Be an advocate:** Once your teen has come forward, it's your turn to take action. Make connections with the significant adults in your child's life (e.g., teachers, coaches, activity leaders) to find out if they were aware of the problem and what steps will be taken to ensure the bullying stops. Keep the lines of communication open with your teen and encourage him/her to talk to you or any other adult who can help about continuing bullying.



PREVNet

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