



## HOW TO STOP BULLYING



For more information about bullying, or to talk to someone in private about any problems you may be having, please call Kids Help Phone at 1-800-668-6868, or visit their website at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

This information was developed in partnership with PREVnet (Promoting Relationships, Eliminating Violence Network). PREVnet is an active network of Canadian researchers, non-governmental organizations and governments working together to promote safe and healthy relationships for all Canadian children and youth. PREVnet is sponsored by the Networks of Centres of Excellence, Queen's University and York University.

For more information about PREVnet, visit [www.prevent.ca](http://www.prevent.ca).

### If you're being bullied:

1. Talk to someone you trust, like your parents, a friend, a teacher, a counselor, a coach or a group leader. Ask them to help you come up with a plan to stop the bullying.
2. Keep your cool and walk away, even though you might be upset. Make the bully think you just don't care.
3. Stay close to friends you can count on to stick up for you.
4. Stay away from areas where bullying tends to happen.
5. Be confident and assertive, but not aggressive – fighting back can make things worse.
6. Make the time to do things that help you feel good about yourself.

### If you're bullying others:

1. Talk to someone you trust, like your parents, a friend, a teacher, a counselor, a coach or a group leader. Ask them to help you come up with a plan to stop bullying others.
2. Ask a friend to help you stop if you start to bully others.
3. Understand that you may not like everyone around you, but you do have to treat everyone with respect.
4. Put yourself in the other person's shoes – would you want to be picked on, put down, or left out?
5. Apologize to people you have bullied.

For more tips on what to do if you are being bullied or if you are bullying others, please visit [www.prevent.ca](http://www.prevent.ca).

Remember, you're not alone, lots of girls struggle with bullying and harassment. It's not your fault – no one deserves to be bullied.



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## WHAT IS BULLYING?



Bullying happens when someone says or does **hurtful** things to someone else **on purpose** (it's not an accident). These mean things don't just happen once, they happen a lot and the bullying may go on for a **long time**. Sometimes bullying happens between two people but bullying can also involve a group.

**Bullying involves a power difference:** the person who bullies uses power to control and upset another person. People who bully may be bigger, stronger, or older, they may be more popular, or they may know something sensitive or hurtful about the person who is being bullied. Because of the power difference, it is hard for the person who is bullied to defend themselves.

Bullying can happen face-to-face, behind someone's back, or through a computer, phone, or electronic device. There are many types of bullying, including physical bullying, verbal bullying and social bullying.

## BULLYING IN GIRLS



**Social bullying** is any act that is done purposely to hurt another girl's friendships and/or status within a group. This is the type of bullying used most often by girls.

### Some examples of social bullying include:

- Talking about someone behind their back, spreading rumours.
- Embarrassing someone in front of others.
- Making someone do something against their will.
- Leaving someone out.
- Getting people to stop liking someone.
- Telling someone's secrets.
- Breaking up friendships on purpose.

"Cyber-bullying" is also a form of social bullying that uses technology (internet, cell phones, e-mail, etc.) to hurt someone.

## HOW BULLYING HURTS OTHERS



Many girls bully because it seems funny and exciting, or it makes them feel powerful. But bullying is wrong and can be very hurtful.

### Someone who is bullied might:

- Feel mad, sad, or start to feel depressed.
- Develop low self-esteem, feel lonely and withdraw from friends and family.
- Become uncomfortable at school or start to miss classes, have trouble with school work, or drop out all together.
- Have difficulty maintaining friendships.
- Stop participating in extra-curricular and other group activities.

## STAND UP!



In most bullying situations there are others present or who know that bullying is happening. When bystanders **stand up** instead of standing by, the bullying almost always stops.

### Here are some ways to stand up to bullying:

- Tell the person who is bullying to stop. Be firm, but show respect – fighting back usually makes the problem worse.
- Support and comfort the person who was bullied.
- Report the bullying to a responsible adult (teacher, parent, coach or group leader). Remember, telling in this case is not tattling.
- Don't participate in bullying.