

What Adults Can do to **Prevent Bullying**

If a child is being bullied...

How can you tell?

Children often don't tell adults they're being bullied because they're embarrassed or afraid. However, there are signs you can look for. A child who is being bullied may become withdrawn, be afraid to go to school or skip classes, complain about feeling ill in the mornings, start to do poorly in school, "lose" belongings or come home with clothes or books damaged, have unexplained injuries, and avoid other children to spend time with a teacher or supervisor.



What can you do about it?

If you suspect a child is being bullied, be direct and ask him or her about it. If bullying has occurred, take action by offering support, practising effective responses, helping the child develop confidence, and working with the school to find a solution.

If a child is bullying others...



How can you tell?

Look for these clues. Youth engaged in bullying may use verbal or physical aggression to deal with conflict, come home with money or items that don't belong to them, lack the ability to play cooperative games, become angry when they lose a competition, put down other children in conversations, react to questioning with anger or avoidance, and play inappropriately with much younger children.

What can you do about it?

There are many reasons a child may exhibit bullying behaviour. Whatever the reason, the child needs to realize that the behaviour is unacceptable. If you learn that a child is bullying, stay calm, be firm, ask for a reason and encourage the child to express him or herself. Finally, use appropriate consequences that repair the harm and aid in the reconciliation process.

Two Characteristics of Bullying:

1. **Negative intent:** The aggressor deliberately and repeatedly causes physical, social or psychological harm to the victim.
2. **Power differences:** There is an imbalance of power between the aggressor and the victim, which may be related to physical stature, peer position, or personality traits. Whatever the case, the victim lacks the skills to cope with the aggressor.



What Students Can do to Prevent Bullying

If you are bullied, be S.A.F.E.

S stand up for yourself

Ask for help

Figure out your choices

End it calmly

Extra tips:

If you are bullied, stand proud and make eye contact. Tell the person who is bullying you to stop, then walk away. Ask a friend to help you, and tell adults about the problem until someone helps. Think about different ways to handle the situation, but avoid using violence. Even though it might be difficult, treat the person who is bullying you the way you would like to be treated.

Don't fight or name-call, and don't believe any negative things the person who is bullying you might say. Whatever you do, don't blame yourself for the bullying, and don't think that it's "tattling" to ask for help. Suffering in silence will only allow the bullying to continue.

If you see someone being bullied, C.A.R.E.

Care about others

Ask an adult for help

Reach out

End it

Extra tips:

If you see someone being bullied, offer to help. Invite him or her to hang out with you and your friends (people who bully often target someone who spends a lot of time alone). Tell the person being bullied that it's okay to ask for help, and talk to an adult about the problem. Tell the person who has been bullied that you are willing to help with any future problems.

Don't walk away without helping or assume it's someone else's problem, and don't try to handle it yourself by bullying back. Once the incident has passed, make sure you don't ignore the person who has been bullied – he or she may need ongoing support.



The Society for Safe and Caring Schools & Communities (SACSC) is a not-for-profit organization dedicated to violence prevention and character education for youth. We offer many programs, workshops and resources designed to help adults create safe spaces for youth. To learn more about SACSC or to book the presentation *See It, Address It, Change It: Focus on Bullying*, contact us at 780-447-9487, 1-800-232-7208, or office@sacsc.ca. Visit us online at www.sacsc.ca.