

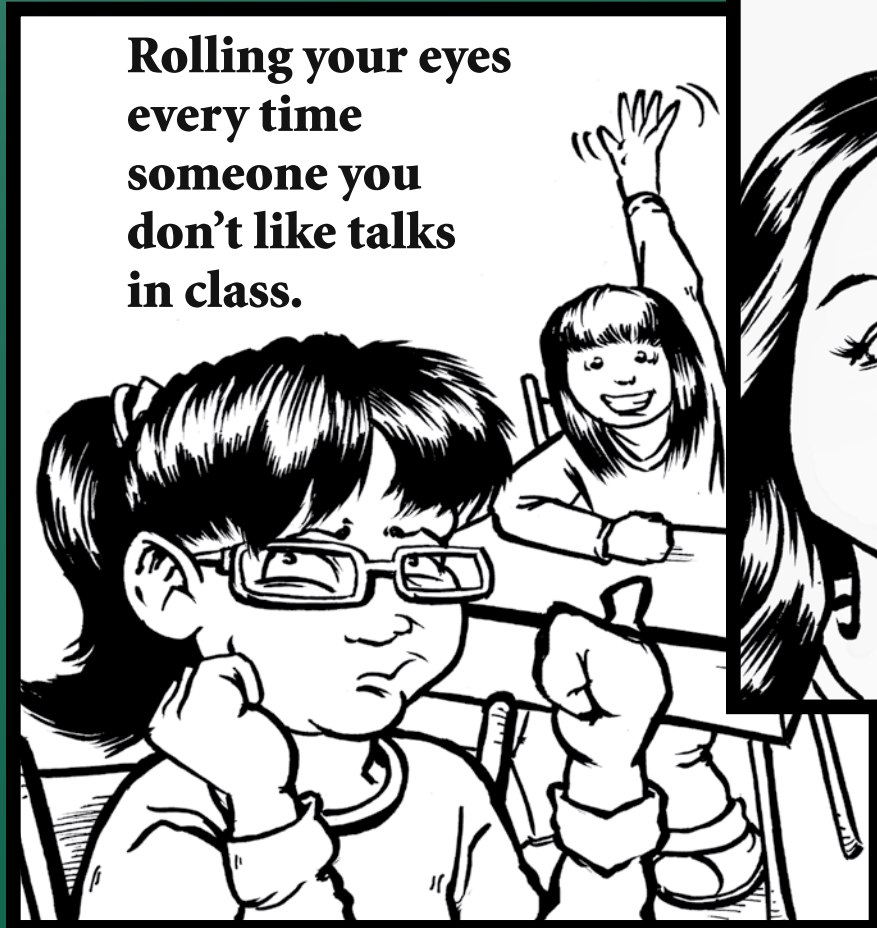
# Relational Aggression



**is bullying...**

**...but it's not always easy to see.**

**Rolling your eyes every time someone you don't like talks in class.**



**Spreading gossip or rumours about someone.**



**Sending mean or threatening messages on the internet or your cellphone.**



**These are all forms of relational aggression.**

**This type of bullying damages people's relationships, reputations, and self-esteem. It can lead to academic problems, depression, eating disorders and even suicide.**

**What can you do about relational aggression?**

- Refuse to participate in teasing or gossip.
- Be aware of the impact your actions can have on others.
- Seek the help of people who care if you or someone you know is bullied.

**Make your school what you want it to be! To get involved in student-led Youth Action projects, contact the Society for Safe and Caring Schools & Communities at 780-447-9487 or 1-800-232-7208, or visit [www.sacsc.ca/Youth\\_Action.htm](http://www.sacsc.ca/Youth_Action.htm).**