

# Bullying

Bullying - Tips on How to Respond

Cyber Bullying - Tips on How to Respond

Why Bullying Occurs in Communities



## FACT SHEET

### TIPS - HOW TO RESPOND

- Stay calm. Bullies LOVE a reaction so don't give them one.
- If you know of someone who doesn't like you, steer clear. Take yourself out of the situation.
- Don't fight back. You may get hurt or make the situation worse. Bullies want attention - fighting back only gives them what they want.
- Avoid vulnerable situations. Walk to school earlier or later in the day, or walk with brothers, sisters, neighbours or friends. Don't be alone in hallways, restrooms or empty classrooms.
- Stay within sight of teachers when you're at school. They have the power to enforce suspension and other disciplinary measures.
- Instead of getting mad, get funny. It shows that you're not scared and can diffuse the situation.
- Think of things to say ahead of time. Develop a script, keep it short and don't say anything mean (don't be a bully yourself).
- Project confidence. Slouching, looking at the ground or your feet, and fidgeting show that you're not sure of yourself. Hold your head up and stand up straight. Bullies pick on you because they think you're afraid.
- Don't bring expensive stuff to school. Bullies like things they can take. It's not worth getting hurt over.
- If the bully won't stay away from you, then ignore them and walk away. It's harder for the bully to harass you if you're not there.
- Don't be afraid to tell people you trust. Adults can help more than you think. They have resources that you don't and the benefit of experience. If at first you don't find a supportive adult, keep looking. You'll eventually find one that will listen and help you.



## FACT SHEET

### TIPS - HOW TO RESPOND

- It can take a lot of time and effort to get Internet Service Providers (ISPs) and Mobile Telecommunications Service Providers to respond and deal with your complaints about being cyberbullied. Your first tactic should be to use your head. Cyberbullying is easier to prevent than it is to fix. If it's too late for that, it might be easiest to just delete your current email accounts, cell phone/pager accounts and set up new ones.
- Never give out or share personal information, including your name, the names of friends or family, your address, phone number and school name. Personal info also includes pictures of yourself and your email address. Never tell anyone your passwords.
- Be polite to others online just as you would offline. If someone treats you rudely, don't respond. Online bullies are just like offline ones - they WANT you to answer. Don't give them the satisfaction.
- Never send a message to others when you are angry. Wait until you've had time to calm down and think. Once you've sent a message, it is nearly impossible to undo the damage.
- Never open a message from someone you don't know.
- Turn off, disconnect, unplug. Give yourself a break. You don't have to be available 24/7.
- Don't reply to messages from cyberbullies. Even though you may really want to. Cyberbullies want to know that they're messing with your mind.
- Do not erase or delete messages from cyberbullies. You don't have to read it, but keep it. It's your evidence. The police and your ISP, and/or your telephone company can use these messages to help you.

<http://www.b-free.ca>



# FACT SHEET

## WHY BULLYING OCCURS IN COMMUNITIES

### Identified by NWAC Youth

- new people coming into the community
- rejecting, mocking non Aboriginal people
- bullying people for “not looking Aboriginal”
- calling people “half breeds”
- band differences, mutual resentments, grudges
- natives and “preppies”
- trying to fill a void
- bullies seeking attention
- failure to recognize the causes
- always stems from something
- defense mechanisms
- fear from the other person
- it’s something inside them that makes them do it
- seek respect by bullying
- not dealing with your healing needs
- intergenerational trauma
- things we haven't dealt with (e.g residential school effects, family situation)
- bullying is a part of cycle of violence

### What You Can Do

- deliver NWAC Youth Violence Prevention Workshop in your community
- beware of what the bully’s home situation is
- sensitize youth to other’s people’s feelings
- remember that the person who bullies is hurting inside
- younger kids might not know about residential schools - teach them

