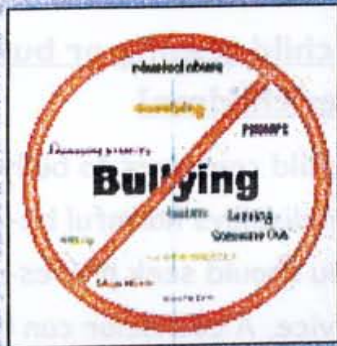


KIDS HELPLINE

Toll free

1-800-668-6868

**STOP
BULLYING
NOW!**



Ayas Men Men Child and Family Services

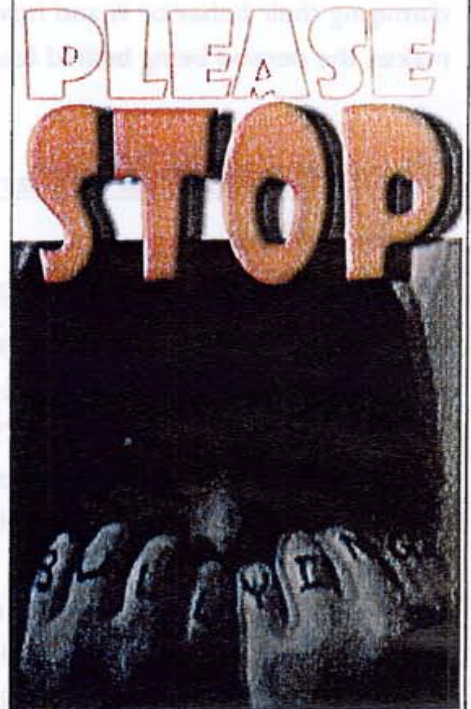
321 Seymour Blvd
North Vancouver BC V7J 2T4

PHONE: 604-985-4111
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Squamish Nation
Prevention and Community
Awareness Division

**Bullying
Information
On what to
do if you are
bullied**



321 Seymour Blvd
North Vancouver BC V7J 2T4
604-985-4111

Why do some people like to bully others?

There are a lot of reasons why some people bully. They may see it as a way of being popular, or making themselves look tough and in charge. Some people bully to get attention or things. Or to make other people afraid of them. Others might be jealous of the person they are bullying. They maybe being bullied themselves. Some bullies don't understand how damaging their behavior is and how it makes the person being bullied feel.

What can you do if you are being bullied.

Coping with bullying can be difficult, but remember, the one being bullied is not the problem: the bullying behavior is the problem and **"HAS TO BE STOPPED!"**. Wherever a person is, bullying behavior is not acceptable and a rule has been broken. There's always someone who has the responsibility to ensure that people are safe and secure. If a child is being bullied, he or she should always talk over what to do with a friend, a teacher, their mom or dad.

For Parents and Caregivers

Some indicators of your child being bullied include....

- The child becomes unusually withdrawn and quiet.
- An abnormal amount of dirty or torn clothes.
- A reluctance to go to school or after school activities.
- A displayed fear of a particular certain group or person.
- Unusual changes in a Childs behavior.
- Noticeable changes in the child's sleeping pattern.

What to do if you see a person being bullied.

Do not ignore bullying when you see it...never allow a bully to get away with thinking that no-one will do anything.

If you see someone else being bullied, the best way to help is to tell an adult or your parents when it is happening. If you take no action, you are saying that bullying is OK. Where possible you should show the person bullying that what they are doing is unfair and harmful to the one being bullied.

Anyone can offer assistance

- Don't take on the bully-this may only aggravate the situation. As well as not being a safe thing to do, you do not want to have to resort to bullying tactics yourself.
- Let a teacher or other adult know about the situation.
- Try to be friendly to the person being a bullied.
- **Refuse to join in the bullying.**
- Being kind to the person bullying can sometimes help stop the bullying behavior, but even if it is not possible to be friends always try to be friendly.
- If you are worried or concerned about a bully you should discuss it with a teacher, adult or parent.

Is your child teasing or bullying other children?

If your child continues to bully others or displays harmful behavior you should seek professional advice. A counselor can be of great help for the child.