

Resources

Kids Help Phone:

www.kidshelpphone.ca

1-800-668-6868

Stop A Bully:

<http://www.stopabully.ca>

Cyber Reporting:

www.cybertip.ca

1-866-658-9022

Canadian Safe Schools:

<http://canadiansafeschools.com/resources/parents/>



Bullying impacts everyone in different ways. Let's talk about it and stop it!

For more information on crime prevention, scan the following bar code matrix on your smart phone or visit our website at: www.torontopolice.on.ca/crimeprevention/



- ◆ In an emergency: **CALL 9-1-1**
- ◆ To report a crime to the Toronto Police that is not an emergency, call: **(416) 808-2222**
- ◆ To report a crime anonymously, call Crime Stoppers at: **1-800-222-8477(TIPS)** or online at: www.crimestoppers.com



For more information about bullying or other crime prevention topics, please contact the Crime Prevention Officer at your local Police Division.



Stay connected to the Divisional Policing Support Unit by finding us on Facebook.



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Reduce the risk.
Reduce the opportunity.



What is bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. Bullying is intended to hurt another person in some way. Both people who are bullied and those who bully others may have serious, lasting problems. Anyone can be bullied or be the bully.

There are four types of bullying:

1. Verbal bullying is saying or writing mean things, including:
 - ◆ Teasing
 - ◆ Name-calling
 - ◆ Inappropriate sexual comments
 - ◆ Taunting
2. Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships, including:
 - ◆ Leaving someone out on purpose.
 - ◆ Telling other children not to be friends with someone.
 - ◆ Spreading rumors about someone.
 - ◆ Embarrassing someone in public.
3. Cyberbullying refers to using electronic technology and communication tools (e.g., cell phones, computers, tablets, text messages, email, chat websites and social media sites) to bully someone, including:
 - ◆ Sending messages that are rude, mean, insulting, intimidating or threatening.
 - ◆ Spreading rumours.
 - ◆ Posting embarrassing pictures or videos.

Cyberbullying can reach a victim 24 hours a day, 7 days a week.

4. Physical bullying is the use of a physical action to hurt, embarrass, intimidate or threaten someone, including:
 - ◆ Hitting/kicking/pinching
 - ◆ Spitting
 - ◆ Tripping/pushing

Bullying may be a criminal offence!

Some offences associated with bullying and cyberbullying include:

- ◆ Assault
- ◆ Harassment
- ◆ Extortion
- ◆ Threatening
- ◆ Intimidation
- ◆ Sending or posting an intimate image without consent

Charges may result in serious consequences, including a criminal record.

If you are being bullied:

- ◆ You may lose your self-esteem.
- ◆ You may feel humiliated.
- ◆ Your physical health may suffer.
- ◆ Your emotional health may be jeopardized.
- ◆ Your grades or your job may suffer.
- ◆ You may feel like running away.
- ◆ You may experience depression and/or thoughts of hurting yourself.

If you are the bully:

There are many reasons that may contribute to your involvement in this behavior. Often, people need support to change their behavior and address any other challenges that may be influencing their behavior.

What to do if you are bullied?

Acknowledge what is happening and:

- ◆ Tell someone you trust.
- ◆ Stay together in a group.
- ◆ Walk away from trouble.
- ◆ Where possible, avoid the bully.
- ◆ Never resort to bullying tactics in an effort to make bullies stop.

If you are a victim, or witness, of bullying, report the incident to someone you trust, such as a:

- ◆ Parent or other family member
- ◆ Principal
- ◆ Teacher
- ◆ Supervisor
- ◆ The police
- ◆ Report anonymously to Crime Stoppers by calling: (416) 222-TIPS or (416) 222-8477.
- ◆ See additional resources listed on the back of this pamphlet.

