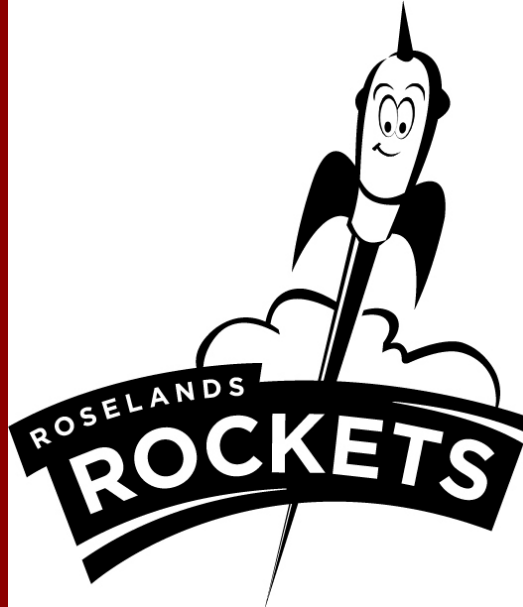


Blast Away Bullying!
Roselands R.O.C.K.E.T.S
Be a H.E.R.O



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What is Bullying?

- The Ministry of Education formally defines bullying as the following:

*Bullying is typically a form of **repeated, persistent, and aggressive** behaviour directed at an individual or individuals that is **intended** to cause (or should be known to cause) **fear and distress and/or harm** to another person's body, feelings, self-esteem, or reputation. Bullying occurs in a context where there is a **real or perceived power imbalance**.*

Definition of bullying from Policy/Program, Memorandum 144, Ministry of Education

What Does it Really Mean?

- Bullying is intentional with the purpose to harm or hurt
- Bullying is repetitive (happens several times)
- Bullying is when the person bullying has more power than the other person
- Bullying can be physical, verbal, social or electronic (cyberbullying)

Bullying & Conflict

| Conflict | Bullying |
|---|--|
| Occasional | Repeated & persistent |
| Not pre-planned, accidental | On purpose, intentional |
| Both people upset | Person bullied is upset |
| Equal power, friends | Imbalance of power; may not be friends |
| A normal part of growing up | Not a regular part of growing up |
| Want to solve the problem | No desire to solve the problem |
| Both parties admit and take some responsibility | Blame laid on the person being bullied |

Roselands **R.O.C.K.E.T.S.**

Resilience (being able to bounce back)

Own your power

Create a plan

Keep calm and carry on

Everything will get better- Stay Strong

Tell

Stand up for what is right

What Can You Do?

Help someone....



If You See Bullying...

Be a H. E. R. O.

Help

Empathize-open up your heart

Respond appropriately and Report

One person CAN make a difference

Report Bullying

ARE YOU BEING
BULLIED?

DO YOU KNOW
SOMEONE
WHO IS **BEING**
BULLIED?

DON'T KEEP IT
TO YOURSELF

TELL

MRS
OR YOUR TUTOR
BEST FRIEND OR
THE PEOPLE YOU LIVE WITH
IT DOESNT MATTER WHO YOU

TELL

JUST TELL
SOMEONE
PUT A STOP TO BULLYING

RIGHT
NOW!

What Could Happen?

- The bully will be spoken to/warned
- Parents of the bully may be contacted
- Try to teach the bully
- Try to help the person bullied
- Restitution....make it right
- Progressive discipline
- Loss of privileges
- Once you are 12....police may be involved

Get Help... Talk to Someone!

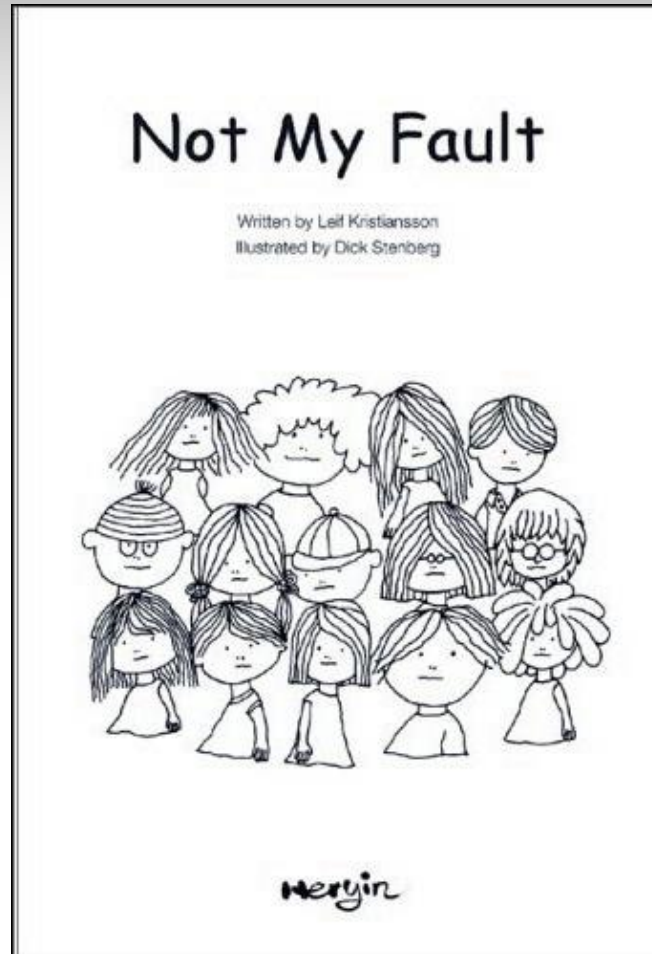
- **Call Kids Help Phone** at 1-800-668-6868, or visit their website, at
- www.kidshelpphone.ca



Remember....



Think About It...



Think Before You Speak & Act...You Are Responsible For Your Words and Actions

Before you speak....

T H I N K !

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?

quotes worth remembering