

## What is Bullying?

Bullying occurs in a context where there is a real or perceived power imbalance. It is repeated, persistent and aggressive behaviour intended to cause fear, distress and/or harm to another person's body, self-esteem or reputation.



## What does it look like?

- Physical – hitting, shoving, stealing or damaging property, spitting and other intimidating behaviours.
- Verbal – name calling, mocking or making sexist, racist or homophobic comments.
- Social – excluding others from a group or spreading gossip or rumours about them.
- Cyber bullying – spreading rumours and hurtful comments through the use of cell phones, email, text messaging and social networking sites.

# What if I am a bystander who witnesses bullying? Become an “Upstander!!”



Will I turn my back and ignore the problem?

Or will I be a good citizen?

Upstanders:

- assertively and respectfully tell the child who is bullying to stop
- give support to the child who is victimized
- refuse to join in
- do not place yourself at risk
- never get involved physically
- get help from an adult
- report the bullying to a responsible adult

