WHAT IS BULLYING?

It is a form of aggression in attempt to scare or harm another person. It is deliberate and usually repeated in order to show power over someone.

Long Term Effects on Bullied Youth

- Low self esteem
- Depression
- Trust Issues
- Health Issues
- Academic Issues
- Substance Abuse

Signs your Child is being Bullied

- Unexplained injuries
- Loss of personal belongings
- Decline in academic performance
- Avoiding social situations
- Change in eating habits
- Anxiety and depression

How Can I Support my Child?

- Listen to your child
- Take the issue seriously
- Build their self esteem
- Work with the school
- Teach them coping skills
- Seek professional help
- Be a positive role model

Resources

Kids Help Line 1-800-668-6868

Kids Help Line Text: 686868

- witsprogram.ca
- bullyingcanada.ca
- pinkshirtday.ca
- kidsafe.ca

Bullying isn't just a part of growing up – it's overwhelming, hurtful, and can make people feel alone. Seek Help! (pinkshirtday.ca)

Be A Buddy, Not A Bully!